

## Patient Resources

### Biofeedback

Biofeedback is a technique that trains individuals to improve their health by measuring body functions and providing information about them. This technique is used by specialists for a variety of reasons. For instance, a physical therapist may use biofeedback to help stroke victims regain movement in paralyzed muscles. A psychologist may use biofeedback to help anxious clients learn to relax.

#### Who is it for?

Biofeedback can be used to help patients with fibromyalgia, as it can decrease muscle tension which may reduce fibromyalgia pain. *It is important that individuals discuss their interest in biofeedback with their rheumatologist to ensure that it is a safe option.*



#### Does it work?

The National Center for Complementary and Integrative Health (NCCIH) has conducted research on biofeedback, and has found limited evidence to support the use of biofeedback as an effective method of treatment for fibromyalgia. In some studies, participants with fibromyalgia have reported the biofeedback technique to be stressful, while others have found it reduces pain.

#### Before you make your appointment...

- Discuss your thoughts of biofeedback with your rheumatologist to ensure that it is a safe option for you.
  - Ask about the number of sessions that may be needed, the cost of each session, and insurance coverage.
- Inform the specialist of your needs and physical condition.