

Biofeedback Prospective Evaluation

- **Background:** Biofeedback is an alternative therapy that uses self-regulation to gain control of a physiological response. Biofeedback instruments can record muscle activity, respiratory rate, heart rate, blood pressure, and brain electrical activity. The recordings are presented to the patient in real time and allow changes in behavior in order to acquire the desired physiological control.
- **Aim:** We are collecting data prospectively to do an evaluation after one year to see the benefits of structured biofeedback therapy sessions. We are hoping to implement this as standard of care after we can determine the effects of following a structured biofeedback therapy session plan