

## What is biofeedback therapy?



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As a health professional, it is increasingly important to provide clients and patients alike with information about medical discoveries and new forms of treatment. Biofeedback therapy is not a new form of treatment but is continually being developed and applied as a safe alternative to traditional drug-based treatments.

By measuring the body's response to electrodes, biofeedback therapy machines are able to display information such as temperature, blood pressure and sweat gland activity – read more about how the machines work [here](#). These statistics are then used by biofeedback therapists and healthcare professionals to recommend suitable treatments for problems including neurological disorders and several other medical conditions, as explained in the informative infographic from psysci.co below.

Biofeedback treatments can be used to monitor progression and indicate the need for other treatments when the body does not respond well in subsequent therapy sessions. Biofeedback is a great therapy to recommend to patients who are looking for a noninvasive form of treatment.

It is important for healthcare institutions to provide patients with alternative treatments that are safe and convenient to use—biofeedback meets these requirements and offers patients the autonomy to monitor and understand their bodies by using the treatment at home. Assisted by valuable guidance from informed healthcare professionals and therapists, biofeedback therapy might just be the treatment that your clients have been waiting for!

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