

Jeanne Gresko, MS, LPC, BCIA-C, has a M.S. in Rehabilitation Counseling from West Virginia University and is both a Certified Biofeedback Practitioner and a Licensed Professional Counselor. She has received training in Mind/Body Medicine from the National Institute for the Clinical application of Behavioral Medicine and has worked in the field of rehabilitative medicine for over 25 years. Jeanne also has been teaching stress management techniques for over 15 years.

Here is what others have said about learning these techniques ...

"It was extremely helpful."
S.P., Chapel Hill, NC

"I am very grateful for what I learned."
C.J., Chapel Hill, NC

"I have a totally different perspective on how I'm going to face all the challenges of life in spite of my pain."
K.A., Durham, NC

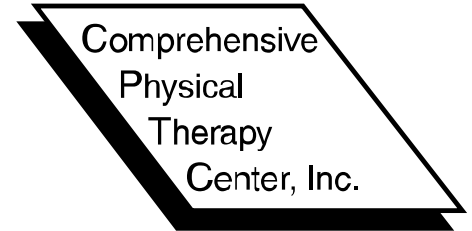
"I learned that there are things I can control that reduce my feeling of helplessness."
M.R., Chapel Hill, NC

Office Hours:

Monday through Friday 8:00 am to 5:00 pm
Saturday 8:00 am to 12:00 pm

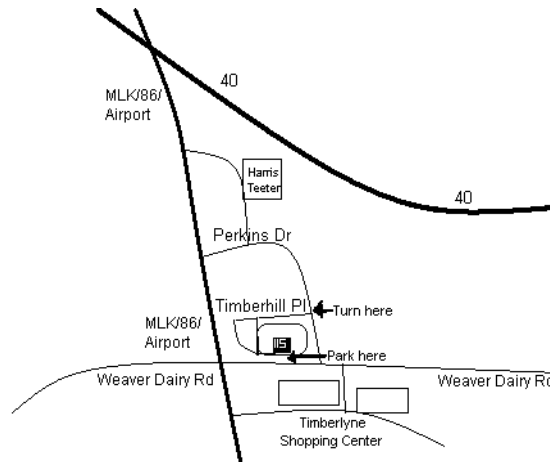
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BIOFEEDBACK SERVICES

Jeanne Gresko, MS, LPC, BCIA-C



**HELPING PEOPLE
HELP THEMSELVES**

What is biofeedback?

Like the thermometer you use to take your temperature, or a mirror you use to check your posture, biofeedback simply gives you information about your body.

In our clinic, biofeedback is a tool used to help you learn about physiological responses to stress, such as muscle tension and the temperature of your hand.

How can biofeedback help me?

Just as you might learn to stand differently after seeing your posture in the mirror, biofeedback helps you to learn to reduce your muscle tension and change other responses to stressful situations in your life. It is a powerful technique to help you learn self-regulation.

Using biofeedback learn how to:

- Relax deeply and reduce muscle tension
- Control tension throughout your day
- Reduce primary hypertension
- Take an active role in your healing

In addition, learn strategies to manage your stress more effectively.

Does biofeedback hurt?

No, biofeedback merely involves placing sensors on your skin using tape or an adhesive patch. Before the sensors are attached, your skin will be prepared using alcohol on a gauze pad.

Other biofeedback treatment

Biofeedback may also be used to augment your physical therapy treatment in our clinic. If your therapist determines that you are over using certain muscles and under using others, biofeedback may be used to help learn to use your muscles more effectively.

How long does it take to learn biofeedback?

This depends on the individual and how much practice is done between weekly sessions in the clinic. Biofeedback requires an active role as a patient; similar to the way your physical therapist expects you to do stretching and other exercises important in improving the functioning of your muscles. Most patients need 4 -10 sessions to learn these techniques.

Referrals

You can receive biofeedback services following referrals by the physical therapist providing your treatment. In some cases, your therapist may discuss this service with your physician before the referral is made.

Appointments

Appointments can be made for this service through our office following referral by your therapist.

Insurance Coverage

Most insurance plans will cover this service. If you have any questions concerning coverage with your insurance plan, please call our office manager for assistance.