**WEB PAGE:** 6 Neurofeedback\_d2

Cutting Edge Integrative Pain Centers

**URL:**

https://michianapainrelief.com/services/neurofeedback

**Title** (characters = 74):

Neurofeedback in the Michiana Region | Cutting Edge Integrative Pain Ctrs.

**Description** (characters = 309):

Neurofeedback enables Cutting Edge Integrative Pain Centers in the Michiana region to treat chronic pain noninvasively, without medicine, and effectively. This form of biofeedback can retrain the brain to reduce or reverse the negative (and painful) effects of pain on your neural pathways. Call 574-821-4363.

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**Neurofeedback: Train Your Brain to Minimize Chronic Pain and Its Effects on Your Central Nervous System**

Chronic pain is extremely common, affecting the lives of nearly 30 million American adults. But the fact is that pain isn’t one single—or simple—thing. That’s why at Cutting Edge Integrative Pain Centers we make use of a variety of different, advanced treatments for different kinds of pain. Of these, neurofeedback has been shown to help many people reduce pain, improve function and get back to living productive, fulfilling lives.

**Our neurological system plays a central role in how we feel pain.**

While chronic pain is often complex and different pain conditions can present different challenges for achieving relief, one aspect is common to all pain: the nervous system is central to how we experience it. In fact, the experience of pain involves many interactive neural pathways that influence pain signals at the sensory organs, the spinal cord and the brain.

With chronic pain, the pain signals continue firing in the nervous system after the original injury is healed—sometimes for weeks, months or even years. Also, with repeated stimulations, the pain pathways can become changed and, as a result, can fire even in the absence of any actual pain stimulus. On top of that, repeated pain stimuli can make us more sensitive to the stimuli, causing us to feel greater and longer-lasting pain.

Ultimately, research has affirmed a connection between brain activity and the experience of pain. Neurofeedback gives us an evidence-based method for helping to positively affect brain activity for improvement in the experience of chronic pain.

**What is neurofeedback?**

Neurofeedback is a type of biofeedback, which is the use of electronic monitoring of body functions in order to train the patient to develop control over that function. With neurofeedback, we use electroencephalography (EEG) to display brain activity in real time to teach self-regulation of that activity.

As a neurological test measuring tiny electrical currents using electrodes, neurofeedback with EEG involves:

* No medicines
* No anesthesia
* No invasive treatment
* No hospital or surgery center
* No side effects or downtime

**How does neurofeedback work? And how does it help?**

Electrodes placed on the scalp detect and measure electrical brainwave activity, which is amplified, processed and displayed by computer. Different types of brainwaves (different frequencies) are involved in different kinds of pain conditions, and we’re able to focus in on those specific types of waves. The chronic pain sufferer watches the real-time display of the brain activity and attempts to change the activity level, which can be achieved.

At Cutting Edge Integrative Pain Centers, we’ve helped many people in the Michiana region reduce their chronic pain and improve their quality of life using neurofeedback techniques. We follow the evidence and use today’s most advanced protocols to help retrain your brain and reduce and minimize the effects of pain on your neural pathways for welcome relief!

For more about how we treat pain using neurofeedback, or to schedule an appointment, call 574-821-4363. You can also request an appointment using our easy [online form](http://www.xxx.com/contact).

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