

OT Mastery

Biofeedback for Occupational Therapy

1. A patient comes to you expressing that they want something to treat their migraines. What is the best response you can give them?

- A. You say you can do that with biofeedback and ask when they want to schedule their first session.
- B. You note that there is no evidence supporting the use biofeedback for migraines.
- C. You note that biofeedback does not treat migraines but it can help you manage the symptoms of migraines and potentially decrease the frequency and intensity of episodes.
- D. You note that you are not able to treat this patient and refer her elsewhere.

2. How many biofeedback sessions are necessary for patients to see results?

- A. 15-20
- B. 1-2
- C. 10-12
- D. 4-5

3. What type of intervention does the American Occupational Therapy Association list biofeedback as?

- A. An alternative modality
- B. A natural health approach
- C. Pseudoscience
- D. A physical agent modality (PAM)

4. Which biofeedback device is best-suited to measure muscle tension?

- A. Electrocardiogram
- B. Electromyograph
- C. Galvanic skin response
- D. Thermal feedback machine

5. What is an electrocardiogram intended to measure?

- A. Brain waves
- B. Heart rate variability
- C. Muscle tension
- D. Stress

6. What condition can thermal measurements in biofeedback effectively manage?

- A. Rheumatoid arthritis
- B. Raynaud's Disease
- C. Hypothermia
- D. Gout

7. Which of the following devices measures how wide the chest expands?

- A. Electroencephalogram
- B. Electrocardiogram
- C. Electromyograph
- D. Respiratory Inductive Plethysmography

8. Which of the following is not a low-tech option for practicing biofeedback?

- A. Dancing
- B. Progressive muscle relaxation
- C. Breathwork
- D. Meditation

9. Biofeedback does NOT have recent research for what health concern?

- A. Raynaud's Disease
- B. Autism Spectrum Disorder
- C. Generalized Anxiety Disorder
- D. Asthma

10. Which of the following is not a specialty biofeedback certification you can receive?

- A. Heart rate variability biofeedback
- B. Respiratory biofeedback
- C. Neurofeedback
- D. Pelvic floor biofeedback
