

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

- A. 15-20
  - B. 1-2
  - C. 10-12
  - D. 4-5
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**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)
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**4. Which biofeedback device is best-suited to measure muscle tension?**

- A. Electrocardiogram
  - B. Electromyograph
  - C. Galvanic skin response
  - D. Thermal feedback machine
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**5. What is an electrocardiogram intended to measure?**

- A. Brain waves
  - B. Heart rate variability
  - C. Muscle tension
  - D. Stress
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**6. What condition can thermal measurements in biofeedback effectively manage?**

- A. Rheumatoid arthritis
  - B. Raynaud's Disease
  - C. Hypothermia
  - D. Gout
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**7. Which of the following devices measures how wide the chest expands?**

- A. Electroencephalogram
  - B. Electrocardiogram
  - C. Electromyograph
  - D. Respiratory Inductive Plethysmography
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**8. Which of the following is not a low-tech option for practicing biofeedback?**

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