

NEUROFEEDBACK FOR PARKINSON'S

Research Summary.

Motor Symptom Reduction: Neurofeedback training has been shown to improve motor symptoms such as tremors, rigidity, and slowness in movement through EEG-based training.

Cognitive Improvements: Neurofeedback aids in enhancing cognitive function, including attention and memory, through targeted brainwave modulation.

Mood and Sleep Benefits: Studies have indicated that neurofeedback can help alleviate non-motor symptoms like depression, anxiety, and sleep disorders, common in Parkinson's.

Brainwave Normalization: Research highlights the role of neurofeedback in normalizing brainwave activity, improving coordination and reducing symptoms of Parkinson's dysregulation.

Customization with qEEG: Quantitative EEG (qEEG) mapping provides a personalized neurofeedback protocol based on each individual's brain activity patterns, enhancing treatment effectiveness.

Long-Term Effects: Neurofeedback has been found to produce sustained improvements in Parkinson's symptoms even months after the conclusion of the training sessions.

Neuroplasticity Activation: The studies support the idea that neurofeedback triggers neuroplastic changes, which help in rewiring brain circuits that deteriorate due to Parkinson's disease.

Autonomic Nervous System Regulation: Biofeedback also aids in the regulation of the autonomic nervous system, improving overall health markers such as heart rate variability (HRV).