

## Biofeedback Treatment for Pediatric Migraines

**Biofeedback** and **relaxation training** have proven to be promising treatments for children with migraine headaches.

A recent review article (Hermann & Blanchard, 2002) summarized headache/biofeedback research to date in children and concluded that thermal biofeedback is effective in alleviating headache activity in children; most studies showed more than two-thirds of the children had a 50% symptom reduction. Most protocols used 10 sessions or fewer and included home practice; some involved the parents also.

For example, five children with tension-type headaches (Arndorfer & Allen, 2001) participated in a multiple-baseline, time-lagged, within-subject design using thermal biofeedback. All learned the hand-warming technique and showed significant clinical improvement, and six months afterward, 80% were headache-free. Labbe (1995) studied thermal biofeedback-assisted autogenic training in 30 migrainous children; 80% of children receiving biofeedback for pediatric migraines had significant improvement.

Finally, Damen et al. (2006) conducted a systematic review of 19 studies of nonpharmacological treatment in children; they reported biofeedback with relaxation was the most effective for treating pediatric migraines.

For more information about thermal biofeedback, please visit [types of biofeedback](#).

### References:

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