Catherine,

I am happy to read your SOAP note, which offers non-pharmacologic treatments for resolution of the patient’s complaints. In my own practice, I hope to provide my patients with the opportunity utilize non-pharmacologic remedies, as well. While there are many non-pharmacologic remedies that can be offered, one that has shown some success is biofeedback. According to a study by Rausa et al. (2013), tension in the frontalis muscle was measured to set a baseline and then during the training (p. 3). This study found reduced frequency of headaches, as well as a reduction in the amount of pharmaceuticals needed (p. 6).

In the area where I reside, biofeedback is not an easily accessible option. Patients would have to travel over an hour to receive treatments. However, there are other options that would be more readily available, such as regular massage therapy.

Rene

Rausa, M., Palomba, D., Cevoli, S., Lazzerini, L., Sancisi, E., Cortelli, P., & Pierangeli, G. (2016). Biofeedback in the prophylactic treatment of medication overuse headache: a pilot randomized controlled trial. *Journal Of Headache & Pain, 17*(1), 1-8. doi:10.1186/s10194-016-0679-9