



VasoTrain – The Mobile Training Instrument For Active Migraine Therapy

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Although migraine is incurable according to the present state of medical progress, with the assistance of biofeedback it is nevertheless possible to both extend the intervals between the attacks and reduce their severity. Following successful therapy patients are enabled to consciously influence the course of painful attacks without having recourse to medication.

Migraine and headache societies recommend the application of biofeedback therapy.

How Does Biofeedback Work ?

Biofeedback means that certain (also involuntary) body functions are represented in a visual or acoustic form. The patient is able to recognize these defined body functions and learns how they may be actively controlled.

In addition to the relaxation procedures for the purpose of extending the intervals between attacks the mastering of vasoconstriction (the conscious narrowing of the surface of the cerebral vessels) is decisive regarding the treatment of migraine. Patients who have acquired the ability to actively influence the process of vasoconstriction attain the same result as is effected by the use of medication by means of triptan.

VasoTrain provides the patient with direct feedback with regard to his or her relative vessel width of the arteria temporalis. Together with the therapist he or she learns how this vessel (and therefore also the cerebral vessels) can be consciously narrowed. The VasoTrain is nevertheless only a transient aid to vasoconstriction training up to the point that the patient has gained the necessary experience.

How Does The VasoTrain Work ?

The patient's blood volume pulse is measured by infrared scanning of the temporal artery by means of a plethysmograph. The values for the pulse rate and for the pulse volume amplitude are processed and displayed by the VasoTrain.

The pulse volume amplitude describes relatively how much blood flows through the artery per unit of time. In this way a correlated statement is made regarding the respective artery width. The representation of the artery width – for example as a circular ring – is ideal for vasoconstriction training. In addition there is the option to signal the value acoustically via changes in the sound level.

VasoTrain In The Practice

The VasoTrain is distinguished by its easy to use format. The simple feedback is quickly understood and straightforward in its execution.

We would propose implementation of one of the two options outlined below:

1. The VasoTrain is made available in the practice and the therapist instructs the patient with regard to its use. After a

successful first session the patient has the option to purchase the instrument for continued use at home.

2. Several VasoTrain units are available in the practice and these are leased out to the patient as required.

In either case patient supervision on the part of the therapist is necessary to ensure that the patient has mastered the vasoconstriction procedure and to ensure therefore that high levels of success are attained.



Contents Of Delivery:

- VasoTrain
- Infrared BVP Sensor
- Headband
- Table Stand
- 3 x 1.5V AA Batteries
- Storage Case
- User Handbook

Technical Data

Heart Frequency Representation:	35 – 150 Beats per Minute
Infrared BVP Sensor:	880 nm
Feedback type:	Pulse Volume Amplitude Visual/Acoustic
Additional Audio Output:	Headphones Connection
Voltage Supply:	3 x 1.5V AA Batteries
Dimensions:	132 cm x 86 cm x 47 cm (length x width x height)