



Athletics

INDIGO Biofeedback

Athletes face a host of unique challenges, which can impact their performance enormously. Whether they win or lose depends on how well they are able to manage the following stressors: emotions, injured tissue, heart rhythm, brain and nerve function, nutrition, hormones, over training, repetitive injury, endurance, focus, coordination, flexibility and balance. Biofeedback allows the athlete to acquire skills to better balance their physical and mental performance. (World Sport of Science, 2011)

For many years now Olympic and professional athletes have utilized biofeedback as a means of positively adapting to and mastering all of these challenges, while gaining self-control and a significant competitive edge in sport and competition. Several decades worth of biofeedback research has been conducted in sport psychology, most of these studies have found positive effects of biofeedback interventions on sport performance and stress management. "Sport psychologists will find that neurofeedback (a specialized form of biofeedback) is a cutting-edge technology that holds potential for improving concentration and attention, lowering anxiety and disruptive mental chatter, and in assisting in the rehabilitation of effects from concussions and mild head injuries." (Hammond, 2007)

INDIGO Biofeedback: Helping Athletes Win!

The Olympic Games in Beijing China in 2008 exemplified how biofeedback can help athletes peak their potential, break competition bests and bring home gold. A team of INDIGO biofeedback professionals worked on 358 Olympians, all of whom were considered at baseline to be "second string"; the resulting 32 medals astounded coaches, as well as the ministers of sport. (Mendell, TQA 2010) During competition, mental attitudes account for up to 80% of success. "Anxiety of performance increases the probability of mistakes during competition". (Peper, Schmid, 1998) Therefore management of stress and anxiety are essential to optimal performance. The INDIGO can help monitor physiological and psychological reactions, highlight how positive or negative thoughts are affecting those reactions, and train the athlete for improved concentration. It can also assist them in identifying disturbing thoughts and feelings, and reframing self-talk more positively.

Athletes need to learn how to mediate arousal; each and every movement must be concise and use the minimal most efficient effort possible in the high performance arena. Relaxation is essential to this process. INDIGO biofeedback can be a crucial part of their education and peak training in these respects.

Another crucial factor necessary for success is quality sleep, which also facilitates the body's ability to repair itself quickly and efficiently. By initiating a relaxation response, retraining muscle tension and brainwaves, as well as improving circulation, the INDIGO is also able to help athletes feel well rested and recover more quickly.

For an in depth presentation on the Chinese Olympic Biofeedback project for yourself, your coach, team or other interested parties please contact Lori Strolin at 877-388-2007 or visit www.thequantumalliance.com

Peper, E. and Schmid (1983/84) The Use of Electrodermal Biofeedback for Peak Performance Training. Somatics IV (3), 16-18.
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