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Summary

VISIBLE ABDOMINAL DISTENSION AND BLOATING SENSATION: RESPONSES TO A NON-INSTRUMENTAL BIOFEEDBACK TREATMENT.

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A randomized controlled trial (n=40) showed that biofeedback training to correct abdominophrenic dyssynergia significantly reduced visible abdominal distension by 24% versus 8% with placebo (p=0.025), with sustained improvements in both distension and bloating at 3-month follow-up.

KEY POINTS

- After three biofeedback sessions over 4 weeks, abdominal distension improved by 24±7% in the biofeedback group (n=19) compared to 8±3% in the placebo group (n=20), p=0.025.
- Patients who initially received placebo and then crossed over to biofeedback showed a 35±7% improvement in abdominal distension.
- At 1-month follow-up, all biofeedback-treated patients (n=36) showed sustained improvement in distension (39±5%, p<0.001) and bloating sensation (36±7%, p<0.001).
- At 3-month follow-up, improvements persisted with distension reduced by 37±5% (p<0.003) and bloating by 34±8% (p<0.003) compared to baseline.
- The biofeedback technique used audiovisual support and hands-on guidance to teach patients to relax the diaphragm and contract the abdominal wall, with instructions to practice exercises daily at home.
- The study enrolled patients aged 18–58 years (34 women, 6 men) with disorders of gut-brain interaction and visible abdominal distension triggered by meals.

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