

Name: _____
DOB: _____
URN: _____

Physiotherapy Relaxation

Many people store physical tension during the day, especially if anxious, stressed or worried. The following instructions provide a way to release physical tension, by stretching in the opposite direction. Once learned, this is a skill that can be used any time when you feel tense, or have difficulties getting to sleep. You may find it easier to start in a quiet room, in a comfortable position (lying or sitting) with someone reading you the instruction till you can do the routine yourself.

Technique: In a comfortable position, with back and head well supported and eyes closed, concentrate on slow deep breathing – breathe in, then breathe the tension away.

- **Raise your eyebrows. Let go. Repeat.**
Your eyes should be gently closed, and your forehead smooth.
- **Let your jaw drop open. Let go. Repeat.**
The muscles around your jaw should feel relaxed, and your tongue should be lying loosely in the bottom of your mouth.
- **Let your head and neck sink into the support.**
Think about your breathing again – slow breath in and out.
- **Stretch your shoulders down towards your feet. Let go. Repeat.**
Your shoulders should feel comfortable.
- **Straighten your elbows. Let go. Repeat.**
- **Stretch out your fingers and thumbs. Let go. Repeat.**
Your arms should feel heavy, with shoulders comfortable, elbows slightly bent and fingers long.
- **Let your body sink into the support.**
Think about your breathing again – feel the air moving in, breathe the tension away.
- **Tighten your buttock and thigh muscles. Let go. Repeat.**
- **Let your knees roll out slightly so that your legs feel comfortable.**
- **Point your feet up towards you. Let go. Repeat.**

Now check that your body feels relaxed:

- Feet and ankles comfortable
- Knees slightly rolled out
- Legs feel heavy.
- Fingers long and stretched
- Elbows slightly bent
- Shoulders comfortable
- Arms feel heavy.
- Muscles around your jaw relaxed; tongue lying loosely in the bottom of your mouth
- Eyes gently closed; forehead feels smooth

If you think about breathing again, you should now find that your breathing rate is slower. Make some time every day for relaxation.

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25110 Advice or Information

Physiotherapist _____ **Signature** _____
(Name & Designation)

Date __/__/__

If you have any concerns with this advice or exercises, please contact your physiotherapist

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