

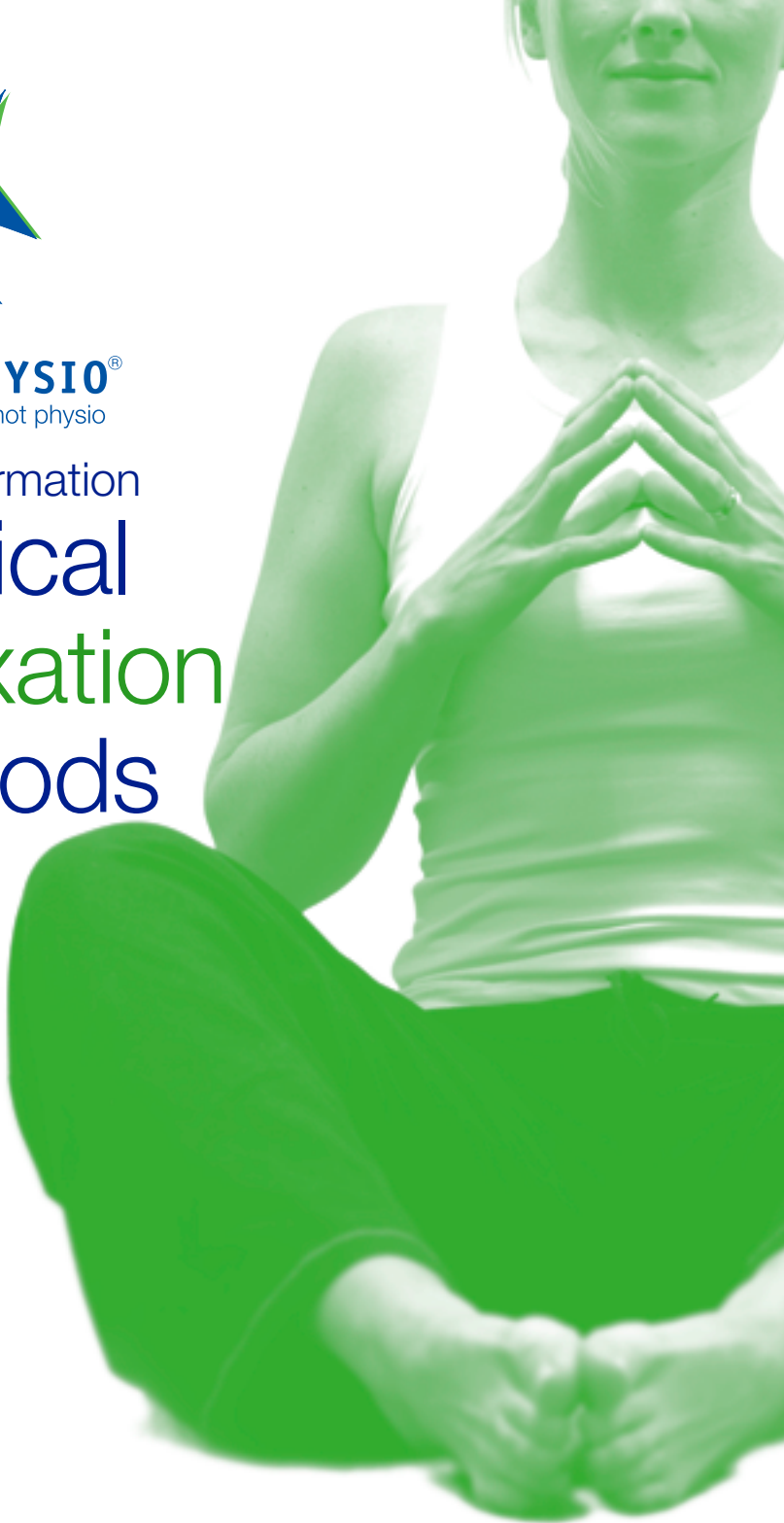


ACTIVEPHYSIO®

If it's not active it's not physio

PatientInformation

Physical Relaxation Methods



Relaxation methods

These methods combine physical psychological methods to achieve a decrease in the body's "fight-flight" response to the challenges that face you

About the condition of being relaxed

ITEM	RELAXED STATE	UNRELAXED STATE
Breathing	Regular and fewer in the number recorded in the baseline (usually 10 to 12 breathes per minute)	Irregular and greater in number
Quiet	No audible sound such as sighs/words/movement	Talking/whispering/sighing/coughing/snorting or other audible sounds
Body/Head	The body is symmetrical and fully resting on supporting structure. Head is motionless and symmetrical	Holding parts of the body tensely or twisted. Head turning or other movements: head unsupported or titled and not symmetrical
Eyes	Lids lightly closed with eyes still	Eyes open; or closed darting about under tense fluttering tense lids
Mouth	Lips parted at centre of mouth with teeth slightly separated	Lips firmly closed with teeth held together; or mouth wide open
Throat	No activity	Swallowing. Twitching or preparing to speak
Shoulders	Dropped and level with each other resting against the support	Both hunched or one higher than the other; not resting against the support
Hands	Both resting at sides or on arm rest or on lap; palms down, fingers lightly curled	Clasped, clenched or gripping support
Feet	Comfortably rolled out so that the toes point away from each other	Pointing vertically, crossed or excessively rolled out

Self reporting

You can use the self-assessment scale to gauge the level of relaxation achieved in the course of your practice:

- 1 Feeling extremely tense and upset throughout my body
- 2 Feeling generally tense throughout my body
- 3 Feeling some tension in some parts of my body
- 4 Feeling relaxed as in my normal resting state
- 5 Feeling more relaxed than normal
- 6 Feeling completely relaxed throughout my entire body
- 7 Feeling more deeply and completely relaxed than I ever have

Physical relaxation method

This method is based on the principle of reciprocal inhibition i.e. when one muscle group acts the opposing group relaxes.

There are 13 items of the method:

- 1 Pull your shoulders towards your feet
- 2 Slide your elbows away from your body
- 3 Stretch your fingers and thumbs
- 4 Turn your hips outwards
- 5 Move your knees until they are comfortable
- 6 Push your feet away from your face
- 7 Breathing
- 8 Push your body into the support
- 9 Push your head into the support
- 10 Drag your jaw downwards
- 11 Press your tongue downwards in your mouth
- 12 Close your eyes
- 13 Think of a smoothing action which begins above your eyebrows, rises into your hairline, continues over the top of your head and down into the back of your neck



Imagery related relaxation methods

This is the use of the thought processes that invokes the use of the senses. It is considered to use the right brain and the diagram below shows the relationships between the two hemispheres of the brain and how emotion and imagery are related.

EMG studies have shown positive imagery lowers muscles tension and negative imagery heightens muscle tone.

Exploring Single Senses:

Some people use:

- Sight: shapes / circles / triangles / an oak tree / a sailing boat / a button / a strand of hair
- Sound: wind blowing (through trees/through sails/through washing on the line)/different people calling your name/horses hooves on different surfaces (on cobblestones, tarmac, mud)/scales on a piano/water flowing/ water lapping/water falling
- Smell: newly baked bread/petrol fumes/vanilla/newly mown grass/chlorine
- Taste: sprouts / figs / bananas / mayonnaise /grapefruit / toothpaste

- Touch: shaking hands/ standing barefoot in loose dry sand/running your fingers over satin / velvet / brushing past soft fur / holding a smooth pebble
- Temperature: drinking a hot liquid/sunlight on your arms/moving into a cool room/holding an ice cube/stepping into a warm bath
- Kinaesthetic (body movement): swimming/running on grass/sawing wood/throwing a ball/climbing a sand dune/stirring syrup

As people develop their skill in using imagery they can progress to:

- Imagery from all sense modalities: e.g. eating a piece of fruit (taste, smell, feel, sight, sound)
- Symbolic Imagery: The fount/The Bell
- The use of Metaphors: e.g. A rag-doll / a jelly
- Colour: a favourite colour enveloping them / breathing in a favourite colour and breathing out a colour that represents their stress and pain

Which style do you feel works best?

reason

logic

vertical thinking

language

reading

writing

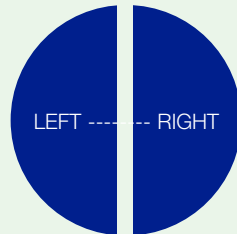
mathematics

analysis

ego

relating to me

conscious mind



imagery

creativity

lateral thinking

recognition

rhythm

emotions

dreams

symbols

synthesis

id

relating to the conscious mind

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