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در صورت درخواست این سند به زبانها و شکلهای مختلف در اختیار شما قرار می گیرد.

یہ دستاویز دیگر زبانوں اور مطلوبہ شکلوں (فارمیٹ) میں بھی دستیاب ہے

مذہ الوثيقة متاحة بلغات اخرى وباشكال غير الكتابة المقروءة وذلك عند الطلب

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Stretch and Relax

Information for Patients



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Stretch and Relax

When we are stressed, our muscles can tense up without us realising. Tension headaches or muscle aches in different parts of the body can occur as a result. This is a normal response to stress (part of the “fight or flight” reaction) and is not harmful, but it can lead to temporary discomfort or pain in many different muscle groups.

Most people find it difficult to relax, or have forgotten how it feels to be fully relaxed. Relaxation is a skill which requires practice. Practising stretching and relaxing our muscles can be very useful. It helps us to notice when we are beginning to tense up (get stressed) and teaches us how to do something about it (relax our muscles). The exercise below is an example of progressive muscular relaxation. With practice, you can become skilled at recognising the difference between tense and relaxed muscles and feel confident in taking steps to relax yourself. You can also use this exercise to prevent tension building in the first place.

How to learn the skill of progressive muscle relaxation:

1. Find a quiet time and place where you will not be disturbed. Make yourself as comfortable as possible in either a lying or sitting position.
2. Take a relaxed breath. Allow the tension to melt away as you breathe out.
3. Stretch and relax each muscle group using the instructions on the next page.
4. Tense each muscle group for three seconds and then relax. You do not need to tense your muscles as hard as you can. Just tense them “around three-quarters tight”.

5. If any of your muscles still don't feel relaxed, stretch them again, relax them and take another relaxed breath.
6. Carry out around 20 minutes of stretching and relaxing every day for two to three weeks to learn to recognise and control muscle tension.

Relaxation exercises should not hurt. If you find any of the tensing movements uncomfortable, simply leave that part of the exercise out and concentrate on relaxing that area of your body.

(With thanks to Gloucestershire Pain Management)

How to stretch and relax each muscle group

Muscle	Instructions for tensing
Hands	Stretch out fingers and thumbs.
Wrists and forearms	Bend hands back at wrists.
Forearms and upper arms	Stretch arms by reaching forwards, away from you.
Shoulders	Pull shoulders gently downwards.
Upper back	Pull shoulders gently forwards.
Upper chest	Pull shoulders gently backwards.
Neck	Stretch head upwards.
Face	Open mouth and stretch eyebrows upwards.
Legs	Point toes away from you. Keep heels on the ground and pull toes towards you.
Chest	Take a deep breath in and hold it for two to three seconds before breathing out.