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## **Stress Management - Jacobson's Progressive Muscle Relaxation Technique**

# About me

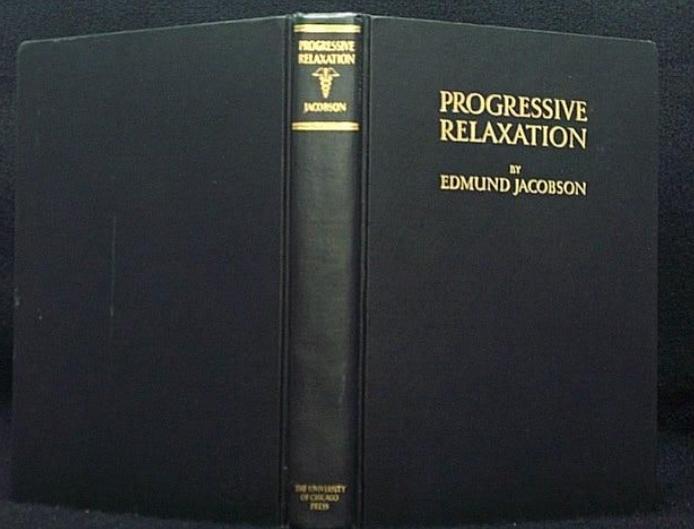
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# Jacobson

- Edmund Jacobson (Chicago, April 22, 1888 – Chicago, January 7, 1983),
- a physician who has specialized in internal medicine and psychiatry, and
- He was dealt with psychosomatic medicine



# Jacobson

- With his research he showed the connection between an excessive muscle tension and physical and psychological disorders.
- His most important publications on the method are
  - Progressive Relaxation in 1929 and
  - You Must Relax in 1934.

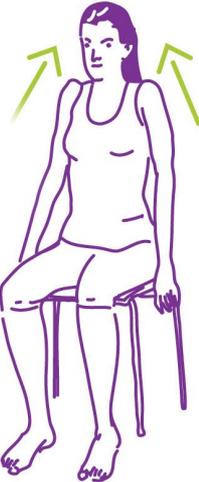


# PROGRESSIVE MUSCLE RELAXATION

FOREARMS



SHOULDERS



TIBIAL  
MUSCLES



Jacobson's relaxation technique is a type of therapy that focuses on tightening and relaxing specific muscle groups in sequence.

# Long Term Effects of PMR

According to *Encyclopedia of medicine* by Miller-Keane, long term effects of practicing progressive muscle relaxation include:

- A decrease in generalized level of anxiety
- A decrease in anticipatory anxiety related to phobias
- Reduction in the frequency and duration of panic attacks
- Improved ability to face phobic situations through graded exposure
- Improved concentration
- An increased sense of control over moods
- Increased self-esteem
- Increased spontaneity and creativity
- reducing the likelihood of seizures and blood pressure

# Health Benefits

Freeman (2001) suggests that PMR and other muscle-based relaxation variations convey health benefits in three ways:

1. Utilizing the effects of PMR to manipulate autonomic responses
2. Increases or activates the production of opiates
3. Promotes optimal immune function.

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# PMRT

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- Jacobson realized that muscle tension often appeared together with anxiety, stress and fear.
  - He became aware that psychic tension led to an increase of muscle tension, that is a shortening of muscle fibers; conversely a muscle relaxation (a reduced muscle tone), entailed a decrease in the activity of the autonomic nervous system, generating a feeling of calm.
  - So the relationship between psyche and soma was working in both directions.
  - That mutual relationship between mental and muscular tension was the very starting point for the development of progressive relaxation.
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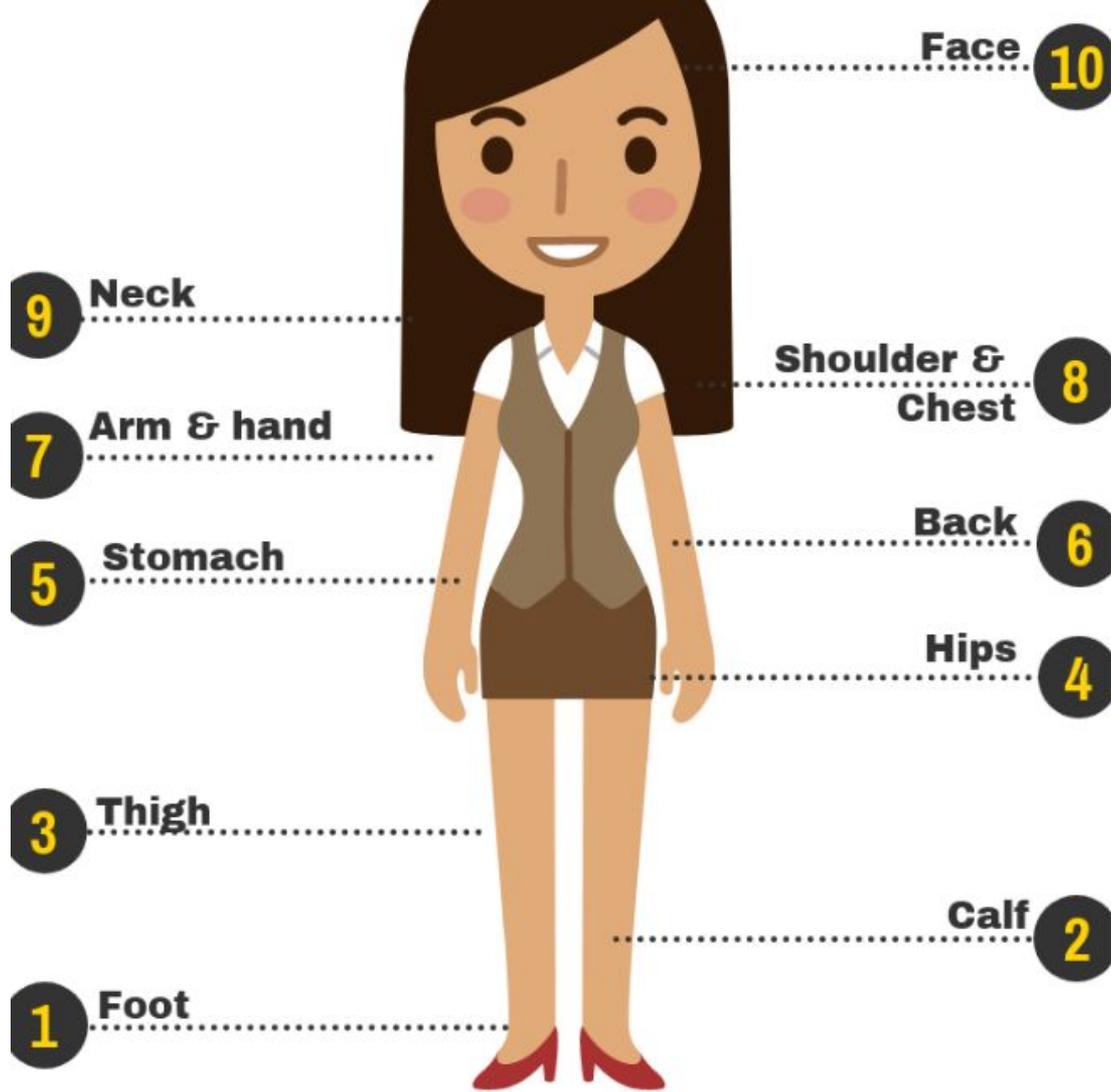
# PMRT

- The method is simple and effective.
- It's based on a progressive training whose aim is to notice and change the tension of the various groups of muscles.
- Acting on these muscles through voluntary contractions that last a few seconds and the subsequent relaxation, it aims at bringing body and mind to a state of quiet.
- It is therefore a relaxation exercise that proceeds step by step.
- Through PMR we can decrease our muscle tension and that induces a state of tranquillity (psychic relief).
- In turn, this feeling of calm induces a greater muscle relaxation, creating a sort of circular process.

# General Instruction (Before and During Muscle Relaxation Exercise)

This instruction is kept simple and is easily understood by client exposed to Jacobson's progressive muscle relaxation technique and gives them a clear picture of how to cooperate during the exercise regimen.

1. To sit on a chair as comfortably as possible. Keep your body loose ..... light.....and free.
2. Be calm and comfortable.
3. Keep your eye closed.
4. Avoid stray thoughts.
5. Avoid extra movements of the body.
6. During the part of the exercise cycle tense the muscle tightly and hold for slow count of 5 seconds.
7. During the relaxation part of exercise cycle relaxes the muscle quickly and completely .let your mind relax and appreciate how relaxed the muscle is feeling for 10 seconds.
8. Try to keep all other muscles relaxed as you exercise specific muscle group.
9. As you exercise from head to toe..... Observe changes like tightness and the development of light and soothing sensations.
10. Relax by taking three deep breaths inhaling through nose and exhaling through mouth after each step.
11. Now make your body completely loose.....light..... and free
12. Let us begin your exercise.



Face 10

9 Neck

Shoulder & Chest 8

7 Arm & hand

Back 6

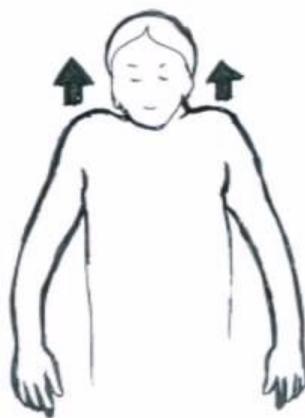
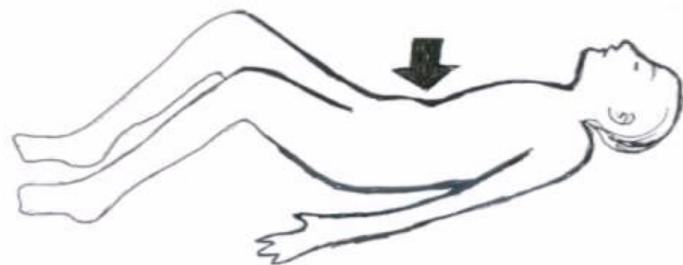
5 Stomach

Hips 4

3 Thigh

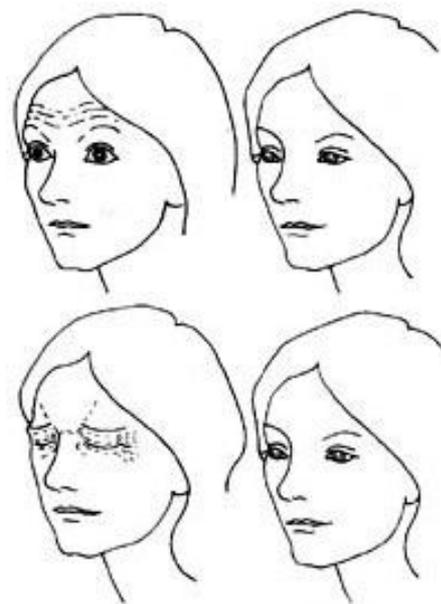
Calf 2

1 Foot





**STARTING POSITION**



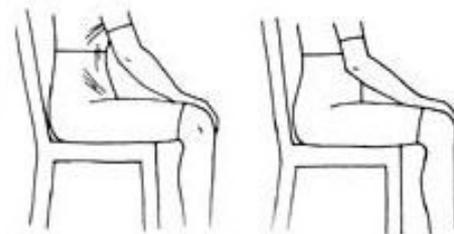
**FACE**



**FOREARMS**



**LEGS**

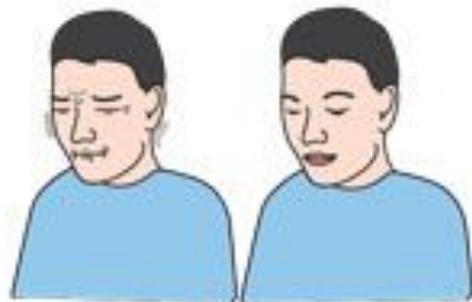


**ABDOMEN**

1. SIT  
ON A CHAIR.



2. SCRUNCH  
UP YOUR  
FACE...



THEN  
RELAX  
IT.

3. TENSE  
YOUR  
ARMS...



THEN  
RELAX  
THEM.

4. TENSE UP YOUR  
SHOULDERS  
AND CHEST...

THEN  
RELAX  
THEM.

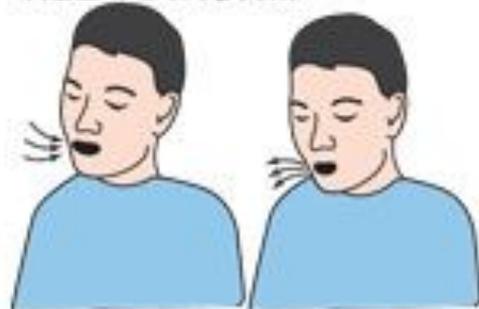


5. TENSE UP  
YOUR LEGS...



THEN RELAX!

6. BREATHE  
IN  
RELAXATION...



BREATHE OUT  
TENSION.

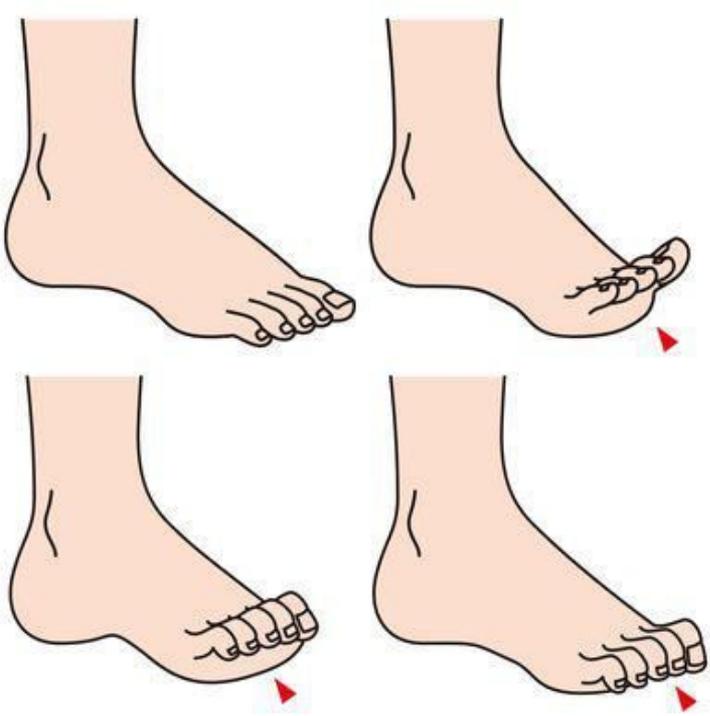
<b>Muscle group</b>	<b>Instructions</b>
Hand	Clench left hand and feel the tension. Relax and let hand hang loosely. Same for right hand
Wrists	Bend hand back, hyper-extending wrists. Relax
Upper arm	Bend elbow toward shoulders and tense biceps muscle. Relax
Shoulders	Bring shoulders up toward ears. Relax; let shoulders drop down
Forehead	Wrinkle forehead, raise eyebrows. Relax
Eyes	Close eyes tightly. Relax
Neck	Turn head so that chin is over right shoulder. Straighten and relax
Neck and jaws	Bend head forward, pressing chin against chest. Straighten and relax
Abdomen, back, thighs	Tighten stomach muscles. Relax Arch back. Relax Stretch legs in front of you. Tighten thigh muscles. Relax
Hamstrings	Push heels down into floor, tighten hamstring muscles. Relax
Calves, feet	Point toes toward head. Relax Curl toes toward the bottom of feet. Relax

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Duration of clenching of muscles 7-10 sec and relaxation of muscles 15-20 sec as per protocol

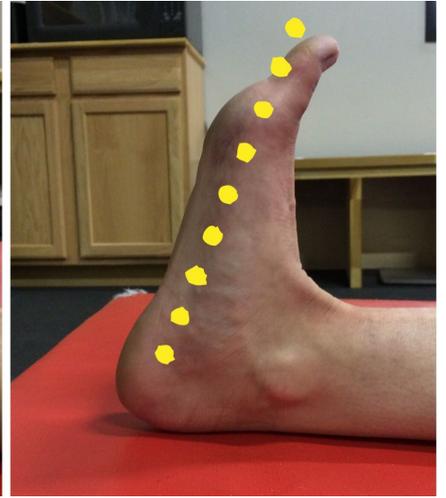
# Muscle groups

1. Feet: curl the toes downward
2. Lower legs and feet: tighten the calf muscles by pulling toes towards you
3. Entire legs: squeeze the thigh muscles while still doing steps 1 and 2 above
4. Hands: clench the fists
5. Arms: tighten your biceps by bending your arm and making a muscle with a clenched fist
6. Buttocks: tighten by pulling your buttocks together
7. Stomach: suck in your stomach
8. Chest: taking a deep breath
9. Neck and shoulders: raise your shoulders up to touch your ears
10. Mouth: open your mouth as wide as it will go
11. Eyes: clench your eyelids shut as tightly as you can
12. Forehead: raise your eyebrows as far as you can



**Feet**

Curl the toes downward



## Lower legs and feet

Tighten the calf muscles by pulling toes towards you



## Entire legs

Squeeze the thigh muscles



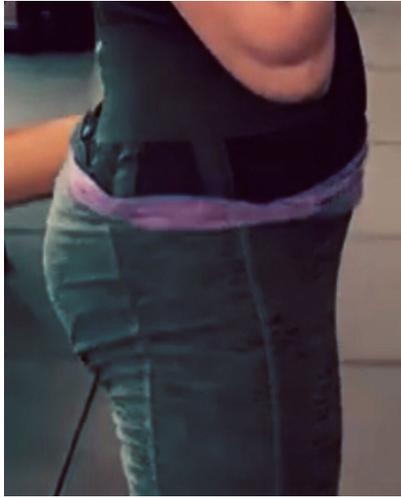
# Hands

Clench the fists



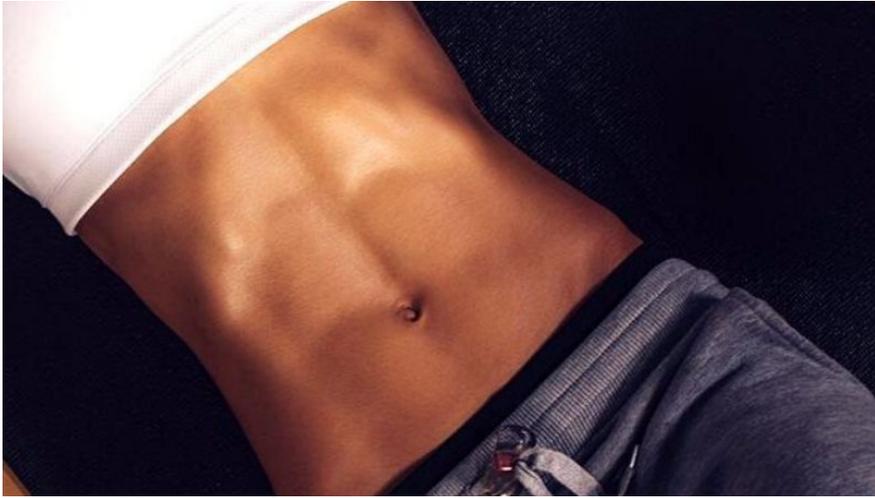
## Arms

Tighten your biceps by bending your arm and making a muscle with a clenched fist



# Buttocks

Tighten by pulling your buttocks together



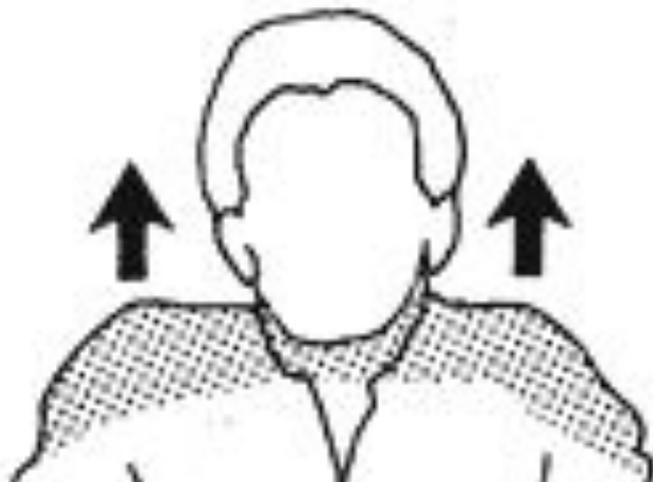
# Stomach

Suck in your stomach



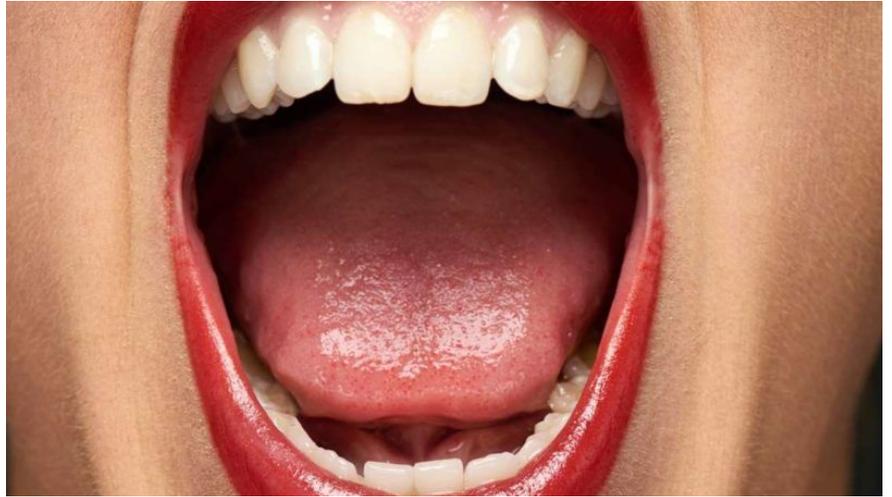
# Chest

Taking a deep breath



## Neck and shoulders

Raise the shoulders up to touch your ears



# Mouth

Open your mouth as wide as it will go



# Eyes

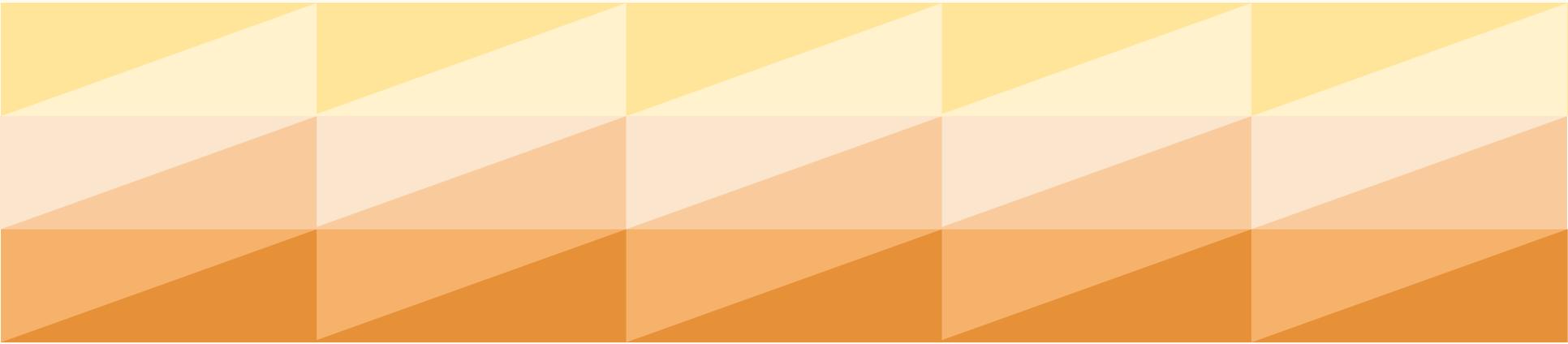
Clench your eyelids shut as tightly as you can



# Forehead

Raise your eyebrows as far as you can

# **PROCEDURE OF JACOBSON'S PROGRESSIVE MUSCLE RELAXATION TECHNIQUE**



# Hands

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Clench each fist separately (right & left), feel the tension in the fist and forearm respectively for 5 seconds Release the fist , relax and feel relaxation for 10 seconds

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# Arms

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a) Bend each arm separately (right & left) up at the elbow and tense the biceps, keeping the hand relaxed, feel the tension for 5 seconds. Release the arm, relax and feel relaxation for 10 seconds

b) Straighten the arm separately (right & left) and tense the triceps leaving the lower arms supported by the chair with the hands relaxed, feel tensing for 5 seconds. Relax and feel relaxation for 10 seconds

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# Facial Muscles

a) Wrinkle your forehead; try to make your eyebrows touch your hairline which produces tension ,feel the tension for for 5 seconds. Release the eye brows relax and feel relaxation for 10 seconds.

b) Close your eyes and screw the muscles around the eyes for 5 seconds. Release , relax and feel relaxation for 10 seconds.

c) Tense the jaw by biting the teeth together , feel the tension in the jaw muscles for 5 seconds. Release, relax and feel relaxation for 10 seconds.

d) Press the tongue hard and flat against the roof of mouth with lips closed notice tension in throat and feel it for 5 seconds. Release, relax and feel relaxation for 10 seconds

# Neck & shoulder

a) Push the head back as far as it will go (against a chair), feel the tension for 5 seconds. Bring head to its position, relax and feel relaxation for 10 seconds.

b) Bring the head down and press the chin down on to the chest for 5 seconds. Bring the head to its position , relax and feel relaxation for 10 seconds.

c) Tense shoulder by tightening and shrinking shoulders (Shrug your shoulders up to your ears ), feel the tension for 5 seconds. Release , relax and feel relaxation for 10 seconds

# Chest

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a) Take a deep breath, completely filling the lungs, hold the breath for few seconds and passively exhale. Relax and feel relaxation for 10 seconds



# Stomach

a) Pull in the stomach and tense the stomach muscle for 5 seconds. Release the stomach , relax and feel relaxation for 10 seconds

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# Back

a) Arch your back away from the chair feel tension for 5 seconds. Relax and feel relaxation for 10 seconds.

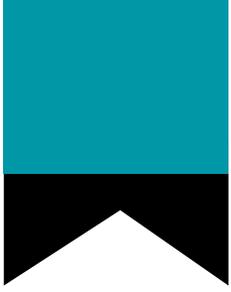
# Thighs & Buttocks

a) Tens both thigh muscles and buttocks by squeezing muscles together and feel tensing for 5 seconds. Release the muscles, relax and feel relaxation for 10seconds .

# Lower Legs

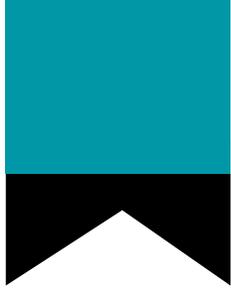
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- a) Point toes towards your head, producing tension in calf muscles, feel tensing for 5 seconds. Relax and feel relaxation for 10 seconds.
  
- b) Point the toes away from the head, feel the tension for 5 seconds. Relax and feel relaxation for 10 seconds



# Toes

a) Relax and feel relaxation for 10 seconds .



# After Exercises

- a) Relax whole body completely. 2min relaxation
- b) Keep your eyes closed and let yourself remain in the relax position.
- c) Open your eyes and enjoy renewed energy, feel relaxed and refreshed.
- d) sit up, stretch, and stand up slowly

# References

1. Marco Bramucci (31 Jan 2017). Jacobson's Progressive Muscle Relaxation.  
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