

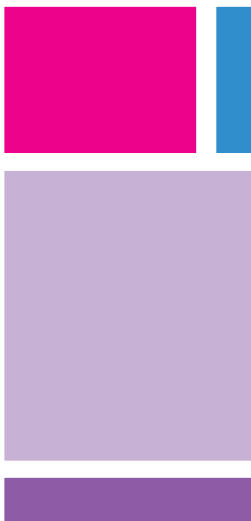
Blackpool Teaching Hospitals



NHS Foundation Trust

# Progressive Muscle Relaxation

**Pain Management Service  
Patient Information Leaflet**



# What is Progressive Muscle Relaxation?

Progressive Muscle Relaxation (PMR) is a relaxation technique that was developed by an American physician, Edmund Jacobson, in 1934.

Progressive Muscle Relaxation involves tensing and relaxing, in succession, different muscle groups in your body.

The idea is to tense each muscle for about 10-15 seconds and then to let go of it. Then give yourself about 10 seconds of relaxation and notice how the muscle feels when it is relaxed in contrast to how it feels when it was tensed.

With practice, your body will learn to recognise and differentiate between the feeling of a tensed muscle and a completely relaxed muscle. This will mean that you will be able to induce physical muscle relaxation when you become aware of the signs of stress and tension.

# Relaxation Training

Living with chronic pain can be very stressful. The stress of the pain and other types of stress can greatly affect your pain problem and how you cope with it.

The training teaches you to 'formally' relax and use aids such as music and scents. The overall aim is to recognise the signs of stress early and to prevent them from reaching a level where they increase your pain.

# Relaxation Treatment

You will be sent an appointment to attend a relaxation screening appointment. This appointment lasts approximately half an hour. You will be given more information about Progressive Muscle Relaxation and how it may benefit you.

Following on from this initial appointment you will be given a date to attend an individual session or a relaxation group as these are offered when sufficient numbers of people are interested.

The individual session lasts for 90 minutes. The relaxation groups are held once a week for three weeks. Each group session lasts 90 minutes and you must be able to come to all three sessions.

# Reviewing your progress.

You will be invited to attend a final review session to discuss your progress.

This tends to be approximately four weeks after your last group session or individual session.

## Options available

If you'd like a large print, audio, Braille or a translated version of this leaflet then please call: **01253 655588**

## Patient Relations Department

For information or advice please contact the Patient Relations Department via the following:

Tel: **01253 655588**

email: **patient.relations@bfwh.nhs.uk**

You can also write to us at:

**Patient Relations Department, Blackpool Victoria Hospital, Whinney Heys Road, Blackpool FY3 8NR**

Further information is available on our website:

**www.bfwh.nhs.uk**

## Travelling to our sites

For the best way to plan your journey to any of the local sites visit our travel website:

**www.bfwhospitals.nhs.uk/departments/travel/**

## Useful contact details

Main Switchboard: **01253 300000**

Pain Management Service

tel: 01253 655301 / 655303

## References

This leaflet is evidence based wherever the appropriate evidence is available, and represents an accumulation of expert opinion and professional interpretation.

Details of the references used in writing this leaflet are available on request from:

**Policy Co-ordinator/Archivist**  
**01253 303397**



Approved by:  
Date of Publication:  
Reference No:  
Author:  
Review Date:

Clinical Improvement Committee  
04/02/2013  
PL/451 V2  
Fiona Bruce  
01/02/2016