Jacobson Muscle Relaxatation Technique (Jpmr) (20 Min)

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Requirements of JPMR

Conductive Environment: The setting for relaxation is quiet

and of distraction noises. The client Will be kept physically comfortable in a position (Table 1).

General Instruction (Before and During Muscle Relaxation Exercise): This instruction is kept simple and is easily understood by students exposed to jacobson's progressive muscle relaxation technique and gives them a clear picture of how to co-operate during the exercise regimen.

a. To sit on a chair as comfortably as possible. Keep your body loose .... light..................and free.

b. Be calm and comfortable.

c. Keep your eye closed.

d. Avoid stray thoughts.

e. Avoid extra movements of the body.

f. During the part of the exercise cycle tense the muscle tightly and hold for slow count of 5 seconds. (Repeat silently 1001, 1002, 1003,...)

g. During the relation 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.

h. Try to keep all other muscles relaxed as you exercise specific muscle group.

i. As you exercise from head to toe............... Observe changes like tightness and the development of light and soothing sensations.

j. Relax by taking three deep breaths inhaling through nose and exhaling through mouth after each step.

k. Now make your body completely loose............light.............. and free

l. Let us being your exercise.

Table 1

SNO.		PROCEEDURE OF JACAOBSONS PROGRESSIVE MUSCLE RELAXATION TECHNIQUE	Tensing Time	Relaxation Time
1.		**Hands**		
	a)	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	5 sec	10 sec
2.		**Arms**		
	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	5 sec	10 sec
	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	5 sec	10 sec
		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.	5 sec	10 sec
	b)	Close your eyes and screw the muscles around the eyes for 5 seconds. Release , relax and feel relaxation for 10 seconds.	5 sec	10 sec

	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.	5 sec	10 sec
	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.	5 sec	10 sec
3.		**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.	5 sec	10 sec
	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.	5 sec	10 sec
	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.	5 sec	10 sec
4.		**Chest**		
	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.	5 sec	10 sec
5.		**Stomach.**		
	a)	Pull in the stomach and tense the stomach muscle for 5 seconds. Release the stomach , relax and feel relaxation for 10 seconds	5 sec	10 sec
6.		**Back**		
	a)	Arch your back away from the chair feel tension for 5 seconds. Relax and feel relaxation for 10 seconds.	5 sec	10 sec
7.		**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 .	5 sec	10 sec
8.		**Lower Legs**		
	a)	Point toes towards your head, producing tension in calf muscles, feel tensing for 5 seconds. Relax and feel relaxation for 10 seconds.	5 sec	10 sec
	b)	Point the toes away from the head, feel the tension for 5 seconds. Relax and feel relaxation for 10 seconds	5 sec	10 sec
9.		**Toes**		
		a) Relax and feel relaxation for 10 seconds .	5 sec	10 sec
10.		**After Exercises**		
	a)	Relax whole body completely.		
	b)	Keep your eyes closed and let yourself remain in the relax position.		2min relaxation
	c)	Open your eyes and enjoy renewed energy, feel relaxed and refreshed.		
	d)	sit up, stretch, and stand up slowly		

References

1. Keith Hawton, Paul M Salkovskis, Joan Kirk, David M Clark (1989) Cognitive Behaviuor Therapy for Psychiatric Problems. A Practical Guide, Oxford University Press, India, pp. 472.

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