

Progressive Muscle Relaxation Exercise



A state of prolonged tension or excessive stress can have negative effects on your body, such as muscular tension, heart palpitations, shortness of breath and so on.

Progressive Muscle Relaxation (PMR) exercise can gradually relax the body and help relieve stress and tension.



Please take note :

- 😊 If you have any injuries or physical problems, you may omit the steps for that particular part of the body.
- 😊 You should not experience any pain during the exercise. If you feel any discomfort while doing the exercise, stop immediately and consult a healthcare professional.

Please prepare :

- 😊 A comfortable and quiet environment with soft lighting.
- 😊 Comfortable and loose clothing.
- 😊 A chair with suitable support, such as backrest and armrests.

Key points : (Please refer to the photos and explanations below to guide your practice)

- 😊 Slowly tense the muscles in your body, one muscle group at a time. Feel the tension as your muscles contract. Then, slowly release the tension and savour the soothing feeling as you relax your muscles. Take care not to tense or relax your muscles too quickly.
- 😊 Repeat the steps for each muscle group 3 to 4 times, keeping your muscles tensed or relaxed for about 3 to 5 seconds. The entire exercise takes about 30 minutes and you are advised to practise once or twice a day. You may also choose to practise on muscle groups which are prone to developing tightness.
- 😊 During the exercise, maintain slow and steady breathing. You may even close your eyes.
- 😊 When you have finished the exercise, continue to breathe deeply and relax your whole body. Remain seated for a few moments before you slowly get up and resume activity.

Tense

1



Clench both fists tightly
Feel the muscle tension building
up gradually **in your forearms**

2



Bend both arms with wrists as
close as possible to your shoulders
and tighten the muscles
Feel the muscle tension building
up gradually **in your upper arms**

3



Slowly raise both shoulders,
bringing them as close as possible
to your ears
Feel the muscle tension building
up gradually **between your
shoulders and neck**

4



Slowly lower your head and bring
your chin down towards your chest
Feel the muscle tension building up
gradually **at the back of your neck**

Relax



Then slowly release the fists,
relax the palms and wrists



Then slowly lower both
arms, relax both arms



Then slowly let both
shoulders drop, relax both
shoulders



Then slowly relax the chin
and neck

Tense

5



Facing forwards, raise your eyebrows without moving your head or eyes
Feel the muscle tension building up gradually **across your forehead**

6



Close your eyes and tighten them slowly
Feel the muscle tension building up gradually **around your eyes**

7



Clench your teeth
Feel the muscle tension building up gradually **on both sides of your lower jaw**

8



Press your lips tightly
Feel the muscle tension building up gradually **around your lips**

Relax



Then slowly relax the eyebrows and forehead muscles



Then slowly relax both eyes



Then slowly relax the jaw and facial muscles



Then slowly relax your lips

Tense

9



Slowly breathe in through your nose, expanding your chest and abdomen
Feel the muscle tension building up gradually **in your chest and abdomen**

10



Bend your elbows, pull them backwards, squeeze your shoulder blades together and lift your chest
Feel the muscle tension building up gradually **in your back**

11



Suck in the abdomen as much as you can
Feel the muscle tension building up gradually **in your abdomen**

Relax



Then slowly breathe out through your mouth, relax your chest and abdomen



Then slowly return to the original position, relax your back, shoulders, chest, arms and lean back in your chair



Then slowly relax your abdomen

Tense

12



With your left foot flat on the floor, slowly lift your right leg and keep it straight, pointing your toes to the front with the sole of your foot facing down. Feel the muscle tension building up gradually **in your right thigh**.

13



With your left foot flat on the floor, slowly lift your right leg and keep it straight. But this time, point the toes upwards with the sole of your foot facing the front. Feel the muscle tension building up gradually **in your right calf**.

Repeat Motions 12 and 13, but change to slowly lifting your left leg with your right foot flat on the floor. When done, let your left leg return to the original position and relax both legs.

Relax

14



Lastly, continue to breathe slowly and relax your whole body. When you are completely relaxed, you will feel that:

- all the muscles in your body are relaxed and you are completely at ease
- your breathing is even, slow, and rhythmic
- your mind is settled and your demeanour is calm
- you are perhaps a bit sleepy

Relax



Then slowly let your right leg return to the original position, relax both legs.



Then slowly let your right leg return to the original position, relax both legs.

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