

# Physical Therapy Relaxation Training



*Stress and tension can cause or worsen many medical conditions. A physical therapist can help you learn to relax deeply, remain more calm during your day and reduce symptoms caused by too much tension.*

## Problems that benefit from relaxation training include:

- Tension headache
- Migraine headache
- Neck pain
- Back pain
- Chronic pain (of any kind)
- Fibromyalgia
- Insomnia
- Hypertension
- Cardiovascular disease
- Neurological disorders
- Immune disorders

## Relaxation training typically consists of:

- Assessment of muscle tension
- Body awareness exercises
- Stress and symptom management
- Total body and breathing relaxation exercises
- Instruction in adding relaxation to everyday activities

Visit us on the Web at [www.swedish.org/body.cfm?id\\_176](http://www.swedish.org/body.cfm?id_176)



### OUTPATIENT REHABILITATION SERVICES

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