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

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