

Aintree Site

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Pulmonary Rehabilitation Relaxation

Relaxation is good for you but this doesn't just mean sitting slumped in front of the television.

It has been proven that practiced regularly, relaxation lowers the blood pressure, heart rate and breathing rate as well as releasing endorphins, the body's own pain relieving chemicals.

You should try to set aside 20-30 minutes per day to practice relaxation.

Settle yourself comfortably propped on the bed with a pillow under your knees, to take the strain from your lower back, or sit comfortably supported in an armchair. Place your relaxed hands on your lap with your palms facing upwards. Shut your eyes and take a few slow, long breaths.

In turn relax all big muscle groups starting with your face, moving on to your arms and hands, then to your shoulders, chest and abdomen, buttocks, legs and feet. In turn tense all these areas, let go and feel the difference.

Then enjoy the feeling of being relaxed.

When you feel ready gently move and stretch your joints to waken up slowly.

You may feel you are able to relax more thoroughly to music. Relaxation apps and CD's are widely available.

Relaxation can be used both when you are acutely unwell and when your disease is stable.

When acutely unwell

Formal relaxation may be inappropriate when you are extremely breathless but you can incorporate the breathing control exercises that you have been taught before into a position that would ease your breathlessness.

Once you have mastered relaxation when you are not acutely unwell, you can incorporate it with your breathing control exercises.

Quick Relaxation Technique

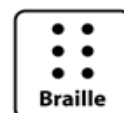
When faced with a difficult situation, and you can feel your tension level rising, the following quick relaxation technique can help.

- Stop
- Sigh
- Drop your shoulders

Take two or three controlled, relaxed breaths

Carry on more calmly and, if possible, a little more slowly.

Please speak to your physiotherapist if you are unsure of your technique.



**If you require a special edition of
this leaflet**

This leaflet is available in large print,
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