

Relaxation for Chronic Pain

THESE EXERCISES

You can do this programme daily or use it as a coping tool when your pain flares up. Before starting, find a quiet room and if possible dim the lights or close the curtains. During the beginning time of relaxation you can meditate or use visualisation skills to distract yourself from the pain. Once you have mastered your

deep breathing exercises you can use them at any time or in any place when you are feeling overwhelmed with pain. Breathing is an excellent tool for calming and focus. Your physical therapist can give you additional breathing and relaxation tips.

Neutral Position Lumbar Decompression Chair

Lie flat on your back, with your feet resting on a chair. Relax in this position. You can place your arms above your head if you wish. This exercise is a decompression exercise for the spine, especially useful for lumbar disc problems. This position can be used through the day to relieve pain and can be used at the START of your breathing and relaxation exercises.

 **Video:**
<http://youtu.be/Zvfxgiqlsh4>



Lion's Breath

Take a deep breath in, and then exhale and push your tongue out as far as possible. You will feel a stretch under the bottom of your tongue.

 **Video:**
<http://youtu.be/CJ9tZL839ml>



Diaphragmatic Breathing Lying

Place one hand on your stomach, and your other hand on your chest. Take a deep breath in, and push your belly (and your hand) upwards. Try and keep the movement of your chest to a minimum, so you concentrate on the deep breathing. Once you have mastered this lying down you can do it in sitting. Breathe in for a count of 4 and out for a count of 4.



Heat to the Chest (Supine)

Place a heat pack or hot water bottle over your chest. Wrap it in a thin towel so it's not too hot.

Hold it here for the required time. This can be pure relaxation so take as long as you need. Centre your thoughts and focus on relaxed breathing. Move the heat over your belly button and focus on breathing deeply pushing the heat pad up and down. Take a long as you need to relax and focus.

SETS **REPS**

 **Video:**
<http://youtu.be/6YB0pv3iv0g>



Forced Inhalation

Open your mouth, and breath in hard, short and sharp. Don't forget to push your stomach out. It's a good strengthening exercise for the diaphragm, that can help improve your deep breathing mechanics. Then blow out through pursed lips - like blowing out birthday candles. Blow out slowly over a count of 8, relax and then repeat.

SETS **REPS**

 **Video:**
<http://youtu.be/oqu3IXEX3UI>



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