



RICHLAND COMMUNITY COLLEGE

Teaching and Learning Support Services

Learning Accommodation Services

Progressive Muscle Relaxation (P.M.R.) Shorthand Muscle Relaxation

To relax your body quickly, you will need to learn the following short-hand muscle relaxation method.

The key to short-hand P.M.R. is learning to simultaneously relax the muscles in each of the four body areas.

You will tense and hold each group for seven seconds, then relax for twenty seconds, and repeat.

- 1.) Make tight fists while flexing your biceps in the “Charles Atlas” pose. Or if you are at work, just tighten the muscles as your arms hang to your sides.
- 2.) Press your head back, and wrinkle up your face. Roll your head clockwise. Relax and then tense jaw and throat muscles and hunch your shoulders up. Hold this position and relax.
- 3.) Gently arch your back as you take a deep breath. Hold this position, and then relax. Take another deep breath, and this time push your abdomen out as you inhale. Then relax.
- 4.) Point your toes up toward your face while tightening your calf and shin muscles. Hold and relax. Now curl your toes while tightening your calf, thigh and buttocks. Hold this position, and then relax.

You should feel good by now.