



# Above & Beyond

*Massage Therapy Clinic*

5158 Tecumseh Rd. E., Windsor, ON N8T 1C4 519-974-7777 [www.abmassage.ca](http://www.abmassage.ca)

## Jacobson's Progressive Relaxation

- Diaphragmatic Breathing
- Fingers, wrists, elbow (flx/ext)
- Roll arm (in/out)
- Hip, knee, foot, toes (flx/ext)
- Roll leg (in/out)
- Check breathing
- Squeeze glutes
- Arch back (erector spinae)
- Pinch shoulder blades (rhomboids)
- Shoulder forward (pectorals)
- Shoulders to ears (upper trapezius)
- Shoulders depressed- push down
- Abdominals (in/relax)
- Check breathing
- Turn chin (right, left, ahead)
- Push head back in to table
- Lift head
- Corner of mouth downward (platysma)
- Raise brow, wiggle scalp
- Frown
- Squeeze eyelids tight
- Eyes closed: turn eyes (right, left, up, down, straight)
- Squeeze jaw tight together
- Push tongue against roof of mouth
- Swallow
- breath