

# EXERCISE

To get a taste of this, try tensing the muscles of the arms by “flexing” your biceps, as in the picture to the right. Tense your biceps hard enough to feel significant tension for between 5 and 7 seconds.

Now let go, dropping your arm to your side. Feel the difference between the tension you just felt and the relaxation that is coming over your arm now. You may notice the feeling of blood flowing to the arm, and a feeling of warmth. PMR involves doing this with each group of muscles in the body, as a regularly practiced exercise that takes effect over a period of time.

