

Jamison: Patient Education and Wellness

HANDOUT 14.8: SELF-CHECK FOR PERSISTENT MUSCLE TENSION

Perform the residual tension test by:

- holding your arm up
- clasp your fist so firmly that you feel your nails biting into your palm
- holding this position for 1 minute.

Now relax.

Check your hand:

- if the fingers are straight, you have relaxed
- if they are curled, you have residual tension.

Try some of the relaxation strategies offered to reduce your residual tension.