Preferred relaxation techniques and transferral to the home situation following a chronic pain management program

Relaxation techniques are often used as part of chronic pain management programs. The literature indicates that the effectiveness of specific relaxation techniques is unknown. This dissertation will report on effectiveness of three types of relaxation techniques used at a regional chronic pain management program. Participants indicated pre- and post-relaxation session tension levels following the use of three techniques; progressive muscular, passive-neuromuscular, and visualisation. Scores achieved in post-tension levels found all three relaxation techniques to be effective in reducing tension levels in those attending the chronic pain management program. The relaxation techniques were found to be effective regardless of the participants’ gender or compensability status. Results obtained from a post-program follow up questionnaire indicated that most participants had continued to use some form of relaxation technique once back at home. Participants also provided written responses to illustrate reasons for their use or non-use of relaxation techniques at home post chronic pain management program.