

Progressive Relaxation Match-ups

Differential PR	•	•	passive, release excessive tension in neck and shoulder will also spread relaxation to the rest of body
Abbreviated active PR	•	•	active, more advanced level of muscle tension exercise, requires group of muscle, achieve deep muscle relaxation
Quick Body Scan	•	•	active, full contraction of muscle group; half tension generated, then little tension
Neck and Shoulder Check	•	•	passive, scan body and release tension whenever needed, useful during competition