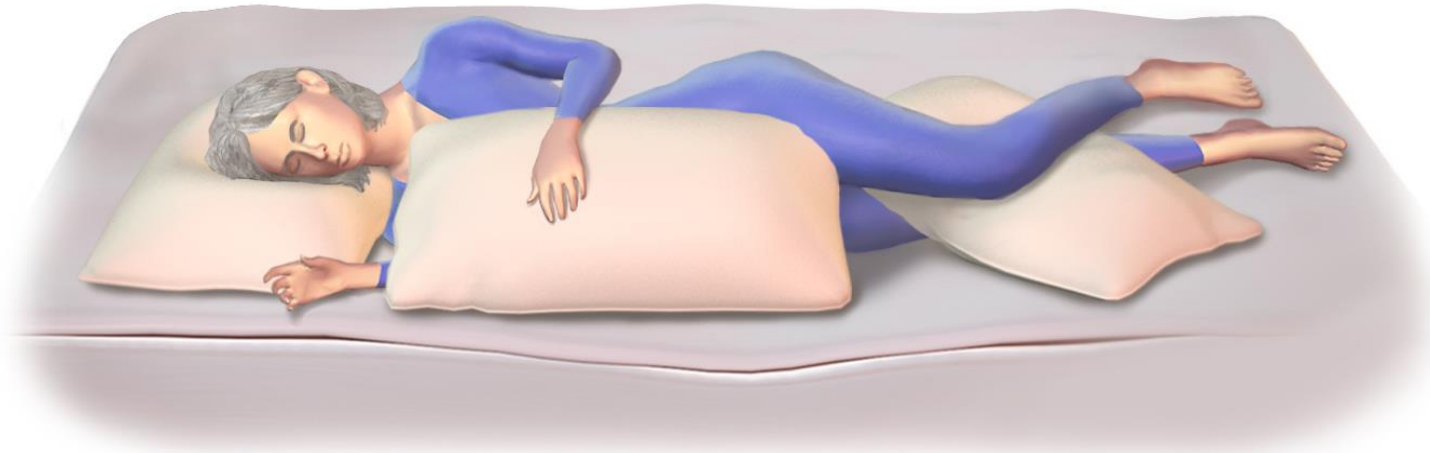


## ➤ SIDE LYING

Preview from [Notesale.co.uk](https://www.notesale.co.uk)  
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Side-lying Position

## 2. LOCAL RELAXATION

- Relaxing the particular part or segment of the body is called as local relaxation
- It can be achieved by massage, relaxed passive movement, supporting the part and by using pain relieving modalities
- Massage and passive movement gives soothing effects to the patient, increases blood circulation and venous drainage
- If patient has pain over certain body segment, pain relieving modalities like wax bath, IFT, SWD and ultrasound can be used
- Whenever the patient gets pain relief, he feels relaxation

### 3. MENTAL RELAXATION

- Mental relaxation plays an important role in treating patients in a comfortable manner
- Mental relaxation can be achieved with the help of above mentioned comfortable measures and also some other factors like psychological fear to the treatment, colouring of the room and peaceful mentality
- The therapist should gain confidence of the patient by explaining about the condition, treatment procedure, effect of treatment and necessity of treatment
- Health counselling may be effective to gain confidence of the patient
- The colouring of the room has to be perfectly done, normally mild colours gives mental peaceness

## 4. YOGA

- Yoga is an ancient practice that takes care of physical, mental and spiritual dimensions of a human being
- It symbolizes the joining of mind, body and consciousness

