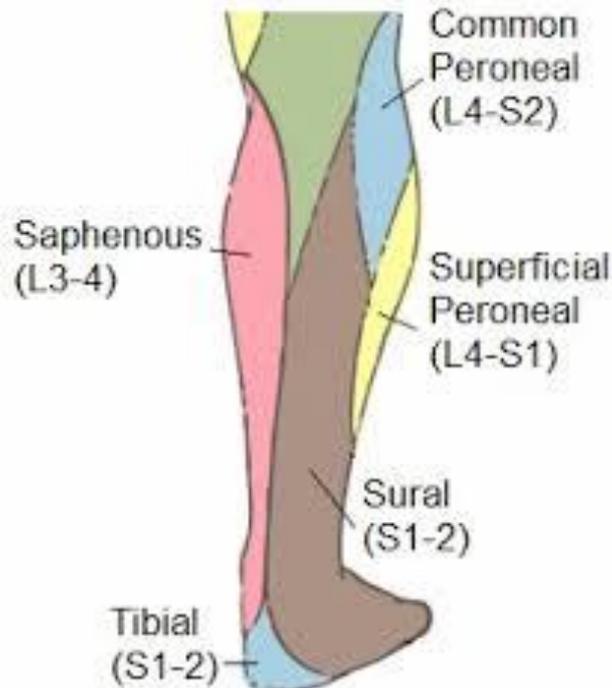




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Overview of relaxation techniques:

Body techniques:

- Progressive relaxation
- Breathing exercises
- Physical exercise
- Yoga
- T'ai Chi
- Qigong
- Biofeedback
- Massage and self-massage

Mind techniques:

- Meditation (**mindfulness**)
- **Guided imagery**
- Self-hypnosis
- Cognitive behavioural techniques
- Music
- Problem-solving techniques
- Humour
- **Music**

Spirit techniques:

- Gratitude and self-compassion
- Connecting with others through socialising or a shared interest
- Prayer, meditation, chanting and singing
- Volunteering, showing kindness to others and being generous
- Reflecting on your own inner thoughts & feelings and writing them in a journal
- Forgiveness



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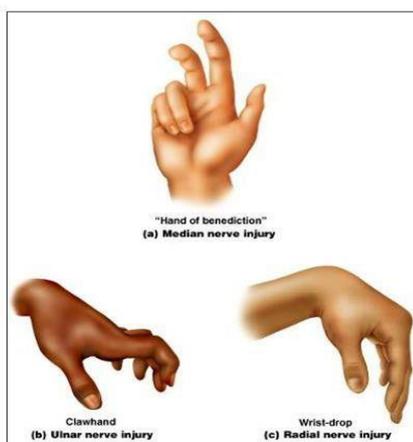
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Testing for muscle power

- **Hip**
 - Flexion L2/3
 - Extension L5/S1/2
 - Abduction L4/5/S1
 - Adduction L2/3/4
- **Knee**
 - Flexion L5/S1
 - Extension L3/4
- **Ankle**
 - Plantar flexion S1/2
 - Dorsiflexion L4
 - Eversion L5/S1
 - Inversion L5/S1

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[Nerve Damage]



- Ulnar nerve
 - "Claw hand"
 - Inability to extend fingers at interphalangeal joints, results in permanent flexion = claw
- Median nerve
 - "Ape hand"
 - Inability to oppose thumb
- Radial nerve
 - "Wrist drop"
 - Inability to extend the hand, inability to fully extend forearm



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Table 1: The 12 Cranial Nerves

Nerve no.	Nerve name	Rhyme	Function
1	Olfactory	On	Smell (not usually tested)
2	Optic	Old	Visual acuity
3	Oculomotor	Olympus'	Opening of eyelids, eye movement (upward/medial, upward/lateral, medial, downward/lateral)
4	Trochlear	Towering	Eye movement (downward/medial)
5	Trigeminal	Top	Facial sensation, chewing movements
6	Abducens	A	Eye movement (lateral)
7	Facial	French	Facial muscle movement (except chewing muscles) and eyelid closing
8	Auditory (vestibulocochlear)	And	Hearing and balance
9	Glossopharyngeal	German	Taste on the posterior third of the tongue (not usually tested)
10	Vagus	Viewed	Uvula (palate muscles) and swallowing
11	Accessory	A	Shoulder shrug
12	Hypoglossal	Hop	Tongue movement



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