ABSTRACT

TITLE:	Primal Reflex Release Technique: Mental and Physical Stress Relief
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ABSTRACT: The purpose of this study was to study the effect of Primal Reflex Release Technique on perception of pain and inducement of relaxation. Primal Reflex Release Technique or PRRT created by John Iams is a physical therapy technique for reducing pain quickly and relaxing muscles effectively throughout the entire body. This test examined a new idea for the treatment of mental and physical stress and treating pain. Participants responded to their physical pain, physical stress, and mental stress on a 1 to 10 scale, rating how intense each was before and after massage and PRRT, as well as explaining how often they were stressed and where majority of their pain resided. Each participant relaxed on a massage table with soothing music playing in the background, and had 30 minutes with PRRT and massage in order to decrease stressors. Individually, participants received each technique according to their major pained and tense areas. These numbers were then examined, both against each procedure and also pre and post averages of both methods. Although both massage and PRRT decrease pain in the body, and well as with physical stress decreasing with both, there was no significance (p-value >0.05) in the results to accept the hypothesis. After conducting the study, the results show that PRRT relieved physical pain and stress, but did not decrease mental stress as much as massage therapy. The hypothesis was rejected with mental stress not decreasing after PRRT was performed (p-value >0.05).