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PATIENT & CAREGIVER EDUCATION

# Relaxation Exercises to Practice Before and During Your MRI

This video will show you how to perform relaxation exercises to practice before and during your MRI.



Please visit [www.mskcc.org/pe/relaxation-mri](http://www.mskcc.org/pe/relaxation-mri) to watch this video.

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit [www.mskcc.org/pe](http://www.mskcc.org/pe) to search our virtual library.

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## Last Updated

February 28, 2024

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Yes

Somewhat

No

What could we have explained better?

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