



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 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 to search our virtual library.

Relaxation Exercises to Practice Before and During Your MRI -
Last updated on February 28, 2024

All rights owned and reserved by Memorial Sloan Kettering
Cancer Center