

Enhance your donation experience



AMT Applied Muscle Tension

During blood donation some people feel light headed or dizzy. One way to help prevent this is to use Applied Muscle Tension (AMT).

AMT is a simple behavioral technique that may be useful in enhancing your blood donation experience. AMT can also be referred to as isometric exercise. It consists of dividing your body by muscle group regions and tightening the muscles of one of the regions while silently counting to five. This is followed by releasing/relaxing the muscles and counting to five. Upon completion of the tighten/relax cycle, select the next muscle region in sequence and repeat the tightening and relaxing exercise.

AMT technique:

REGION 1 UPPER BODY
Tighten 1 - 2 - 3 - 4 - 5
Release 1 - 2 - 3 - 4 - 5

REGION 2 ABDOMEN
Tighten 1 - 2 - 3 - 4 - 5
Release 1 - 2 - 3 - 4 - 5

REGION 3 LEGS
Tighten 1 - 2 - 3 - 4 - 5
Release 1 - 2 - 3 - 4 - 5



We ask that you practice Applied Muscle Tension (AMT) for the duration of time you are in the donor chair until you are released to the refreshment area.

Once the needle is inserted you will be asked to intermittently squeeze and release the hand of your donation arm throughout the donation.

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