



Notes :

1 Mouth opening



Sets: 2 Reps: 10 Hold: 10

With your tongue resting on the roof of your mouth, let your jaw drop partially, then lower your tongue and let your jaw drop completely down and back.

2 Clench teeth



Sets: 2 Reps: 10 Hold: 10

Look directly ahead of you.
Clench your teeth.
Relax.

3 Left Isometric lateral glide



Sets: 2 Reps: 10 Hold: 10

Place two fingers on the left side of your lower jaw.
Apply gentle horizontal pressure onto the lower jaw towards the right, but resist any actual movement of the jaw by contracting your muscles.
Relax your jaw.

4 Lateral glide (left) for the jaw



Sets: 2 Reps: 10 Hold: 10

Move your jaw to the left without opening it, then come back to the center.
Relax your jaw and repeat as prescribed.

5 Right isometric lateral glide



Sets: 2 Reps: 10 Hold: 10

Place two fingers on the right side of your jaw.
Apply gentle horizontal pressure onto the jaw towards the left, but resist any actual movement of the jaw by contracting your muscles.
Relax your jaw.



6 Isometric jaw opening



Sets: 2 Reps: 10 Hold: 10

Place your thumbs under your chin.
Apply gentle pressure onto your chin in an upward direction but resist any actual movement of the jaw by contracting your muscles.
Relax your chin.

7 Left isometric diagonal



Sets: 2 Reps: 10 Hold: 10

Place two fingers on the left side of your lower jaw.
Apply gentle diagonal pressure onto your chin towards the right and backwards but resist any actual movement of the jaw by contracting your muscles.
Relax your chin.

8 Active jaw opening with finger



Sets: 2 Reps: 10 Hold: 10

Place one finger between your upper and lower teeth.
Remove your finger but try to maintain your mouth open one finger-width.
Close your mouth.
To progress, repeat by placing two fingers between your upper and lower teeth.

9 Isometric jaw protraction



Sets: 2 Reps: 10 Hold: 10

Place two fingers on your chin.
Apply gentle pressure onto your chin in a backward direction but resist any actual movement of the jaw by contracting your muscles.
Relax your chin.

10 Right isometric diagonal jaw



Sets: 2 Reps: 10 Hold: 10

Place two fingers on the right side of your lower jaw.
Apply gentle diagonal pressure onto your chin towards the left and backwards but resist any actual movement of the jaw by contracting your muscles.
Relax your chin.