



Jaw Stretches

Notes :

Consult with your doctor before attempting any of these exercises.

As with all stretches, you should not stretch to the point of intense pain! A tolerable amount of discomfort should be more than sufficient. You do not want to pull (or tear) your muscles, or be very sore the next day.

1 Masseter self release



Sets: 3 Reps: 20s Freq: 2-3x/day

Place your hands on either side of your face with the fingertips at about the level of the temporomandibular joint (your jaw joint). Let your hands gently sink into your cheeks, feeling for tenderness and tightness. Let your hands/arms soften and grow heavy, pulling your jaw gently open and stretching the masseters muscles.

Hold for the prescribed time and repeat as directed.

2 SCM, scalene, trap stretch



Sets: 2 Reps: 20s Freq: 2-3x/day

Sit tall with your chin tucked, then lift the top of your head to elongate your spine.

Hold under the chair seat with the hand opposed to the stretched side.

Start all the stretches with your face forward.

1) Tilt your head and neck toward one side.

Hold then return facing forward.

2) Tilt your head and neck toward one side, then rotate the chin toward the same side. Hold then return facing forward.

3) Tilt your head and neck toward one side and rotate the chin to the opposite side. Hold then return facing forward.

Hold each stretch for the prescribed duration.

3 Cheek inflation



Sets: 5 Reps: 5s Freq: 2-3x/day

Inflate one cheek at a time, as much as you can, until a stretch is felt.

Hold 5 seconds.