

# Jaw/TMJ Stretching Guide



## Masseter

You should be able to at least fit 2 knuckles between your teeth. You can use down ward pressure on your mandible whilst trying to close the jaw for 3 seconds before relaxing and furthering the stretch



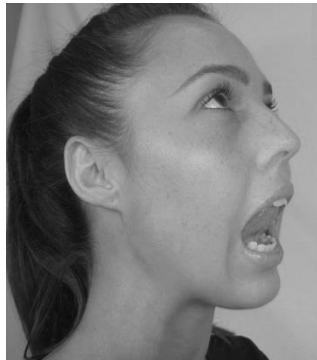
## Tongue

Holding your tongue out with your fingers, attempt to retract your tongue for 3 seconds and relax, allow your tongue to stretch out



## TMJ deviation

Placing your finger just below the ear, you can feel for the TMJ. Open and close the jaw, attempting the keep the joint aligned whilst doing so.



## Tongue to the roof of your mouth

This will help prevent clenching and stretch the frenulum linguae



## SCM

*(Sternocleidomastoid)*

Turn your head to the left slightly. Place your hands on your collarbone. Tilt your head slightly back to stretch.

## When stretching, REMEMBER:

1. Stretch gently and slowly
2. Stretch to the point of tension
3. Breathe normally
4. Do not bounce stretches
5. Repeat stretches 2-5 times per day
6. Hold each stretch for 30 seconds
7. Maintain an upright body posture
8. Repeat stretches on the left and right
9. Use heat and self-massage to bring blood to the affected area
10. DO NOT pull past your maximum comfortable stretch