



**Bloomsbury Osteopathy**

# Neck Exercises

## Stretch of the lateral jaw muscles

### TMJM02

#### Function:

To lengthen/relax the muscles that move the jaw, increase mobility at the jaw temporomandibular (TMJ) joint and reduce tension in the jaw/temple region. This will help to stretch the masseter and pterygoid muscles as well as the ligaments of the TMJ.

#### Method:

#### Starting Position:

Be seated with feet comfortably apart and head in the neutral position. Rest your thumb along the border of the side of the mandible with your chin resting between the web of your thumb and index fingers. Relax the jaw so that the mouth falls slightly open.

#### Action:

Slowly and in a controlled manner push or pull the jaw to one side. At end of range in each direction, hold for 10 seconds before returning to starting position. Repeat, this time pushing to the opposite side.

#### Notes:

Before doing any exercises involving the TMJ consult your osteopath. If you experience any pain, stop, and consult your osteopath.

All exercises are available from  
[www.Bloomsbury-Osteopathy.co.uk](http://www.Bloomsbury-Osteopathy.co.uk)

JAW MUSCLE STRETCH  
(TMJM01)



JAW MUSCLE STRETCH  
(TMJM02)

