



Bloomsbury Osteopathy

Neck Exercises

Strengthening of the jaw muscles

TMJS01

Function:

To maximise stability in the joints of the jaw by increasing strength local muscles, the masseter, temporalis and lateral pterygoids.

Method:

Starting Position:

Be seated with feet comfortably apart and head in the neutral position. Place the length of the index finger along the tip of jaw bone (mandible) just below the bottom lip and the thumb of the same hand on the underside the mandible. Alternatively use the fingertips of both hands to stabilise and grip the jaw. Relax the jaw so that the mouth falls slightly open.

Action:

Open the mouth half way. Then attempt to open it fully but resist it with your gripping hand. Hold for 5 seconds. Repeat the same procedure this time attempting to shut your mouth and again resist it and hold for 5 secs. Repeat the prescribed number of times.

Notes:

Before attempting any exercises on the TMJ you must consult your osteopath. If you experience any pain, clicking or locking of the jaw stop the exercise

JAW MUSCLE STRETCH
(TMJM03)



BLOOMSBURY-OSTEOPATHY.CO.UK

All exercises are available from
www.Bloomsbury-Osteopathy.co.uk