

Jaw Exercises

EXERCISE #1

With your mouth open as wide as possible (without causing pain), use your right hand to slowly push on the right side of your jaw. Hold in position for 10 seconds and return to the middle.



EXERCISE #2

Trace the hinge of your jaw and massage the muscles with a downward motion.



EXERCISE #3

Place your thumb underneath the center of your chin. Open your mouth slowly while also applying gentle pressure from the bottom. Hold your mouth open for 3-6 seconds. Repeat 3-6 times.



EXERCISE #4

Open your mouth as wide as you can without feeling any pain. Return to closed mouth. Open your mouth two more times, but half as wide.



EXERCISE #5

Place an object (pencil) that is about 1/2 an inch thick between your teeth. Gently move your jaw from one side to another. Repeat this several times. Once you feel it's too easy, use a thicker object (marker) to challenge yourself.



EXERCISE #6

With the same 1/2 inch object used in the previous exercise, move your lower teeth forward until they are in front of your upper teeth. Repeat this several times until it gets easier. Replace with a thicker object.



EXERCISE #7

Open your mouth as wide as you can and place the tip of your tongue to the roof of your mouth. While gently applying pressure, move the tip of your tongue towards your tonsils and hold it there for 5 seconds. Now stick your tongue outside of your mouth as far as you can and hold for another 5 seconds. Repeat 5-10 times.



EXERCISE #8

While looking in the mirror, slowly open your mouth while trying to keep your two front teeth centered with your bottom teeth. Repeat 5-10 times.

