

TMJ Stretch

Figure 1

This technique releases tension in the jaw helping to relieve jaw discomfort, and possibly headaches/ear discomfort.

Gently rest your fingers on the lower jaw. Softly compress your fingers into your cheeks, and gently draw the jaw downward. **Don't slide** on the skin when pulling downward.

Continue to stretch for 3-5 minutes to allow for several releases.

Figure 1

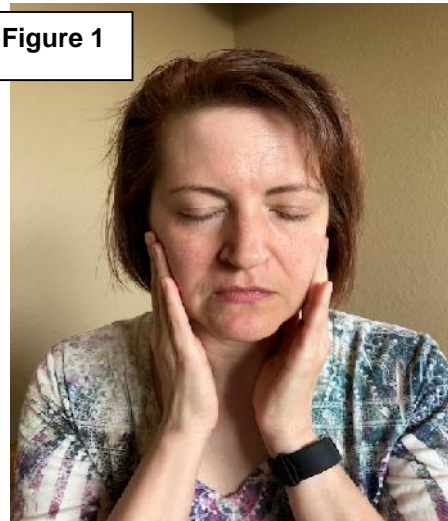


Figure 2 – TMJ soft tissue release



Figure 2

Slowly press your fingertips gently into the jaw muscles until you meet resistance. **Wait** at that restriction while drawing your breath to the sensation (tightness, discomfort, etc.). Once the sensation lessens then slowly sink your fingers in further until the next resistance. Continue to repeat process for specified length of time.

Sink into the tissue for a minimum of 3-5 minutes to allow for several releases.