

Lateral stretch

- Use a mirror if possible and ensure your teeth are aligned before starting the exercise.
- Push the palm of your hand gently into the side of the jaw and hold for 10-15 seconds.
- Repeat 5 times each side.

image

TMJ distraction

- Ensure your teeth are aligned.
- Open your jaw and place your fingers on top of the bottom set of teeth.
- Gently pull down to a mid-opening.
- Hold for 10-15 seconds.
- Repeat 3-5 times.

Image

Resisted contraction

- Place a fist under your chin.
- Open your jaw while using your fist to resist: your jaw should not extend past 2-3 cm.
- Hold for 10-15 seconds.
- Repeat 3-5 times.

image

Chin Tuck

- Aiming to correct forward head posture. Sitting or standing position
- Retract your chin as though you are trying to make a 'double chin'.
- Hold for 10-30 seconds. Repeat 3 times.



Brugger's relief

- Aiming to correct forward head posture. Standing position
- Retract your chin as though you are trying to make a 'double chin'.

Hold for 10-30 seconds. Repeat 3 times.