

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.

Disclaimer: The exercises provided on this website are for educational and entertainment purposes only, and are not to be interpreted as a recommendation for a specific treatment plan, product, or course of action. Exercise is not without its risks, and this or any other exercise program may result in injury. To reduce the risk of injury, before beginning this or any exercise program, please consult a healthcare provider for appropriate exercise prescription and safety precautions.