

- Lying on your back or sitting upright with your chin tucked in gently

Relax your jaw into the 'no' position

Place your tongue onto the roof of your mouth in the space behind the front of your teeth

Open and close your mouth whilst keeping your tongue on the roof of your mouth

Repeat _____ times



- Move jaw from side to side keeping the 'no' position

Repeat _____ times



- Sitting or standing, look into a mirror preparing mouth into 'no' position

Imagine a straight line going down your face from forehead to chest

Open and close your jaw using your fingers on both sides to help guide your jaw, so that no deviation occurs from this straight line

Repeat _____ times



Relax your jaw into the 'no' position

- Open and close your mouth, keeping the 'no' position
Repeat _____ times

- Glide your lower jaw from side to side in a pendular movement, keeping the 'no' position
Repeat _____ times

- Glide your lower jaw forward and release
Repeat _____ times

- Open mouth gently letting your jaw 'hang open' to a count of 10



Rhythmic stabilisation exercise 1:

Resist sideways movement of the jaw using your hands against each side of your chin, alternating quickly from side to side

Repeat ____ times



Rhythmic stabilisation exercise 2:

Resist opening movement of your jaw using your hand under your chin

Repeat ____ times



Rhythmic stabilisation exercise 3:

Resist forward movement of your jaw using your hand against the front of your chin

Repeat ____ times



Sitting on a chair, with your elbows on a table and hands clasped together

Rest your forehead on your hands so that your head is supported



Distractions:

Place your opposite side thumb (right thumb for left side, left thumb for right side), inside your mouth, at the lower jaw and at the back of your teeth.

Press down gently remembering the 1mm rule.

Repeat this ____ times

