

Jaw Range of Motion

The following exercises target jaw range of motion through stretching. Please make sure you are stretching to a comfortable position; these exercises should not cause pain.

Position: Seated upright in a chair

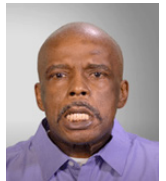
Repetitions: 5x each (hold for 5 seconds)

Sets: 1x | Frequency: 3x/day



Exercise 1, Jaw Opening: Open your jaw as wide as you can to feel a good stretch. Hold for 5 seconds.

*Tip: pretend you are holding a yawn.

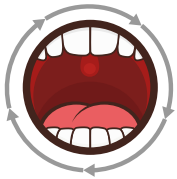


Exercise 2, Jaw Thrust: Stretch your lower jaw as far forward as you can. Hold for 5 seconds.

*Tip: Your lower teeth should now extend beyond your upper teeth.



Exercise 3, Side to Side Jaw Movement:
Step 1: Move your jaw to the right as far as you can.
Step 2: Move your jaw to the left as far as you can. Hold for 5 seconds.



Exercise 4, Circular Jaw Movement: Move your jaw in a circular motion, make sure you are stretching in all directions.

Please immediately stop any exercise should you feel new discomfort & notify your speech-language pathologist or doctor.

Video Link:

<https://www.youtube.com/watch?v=3soumWhyo6U&t=3s>