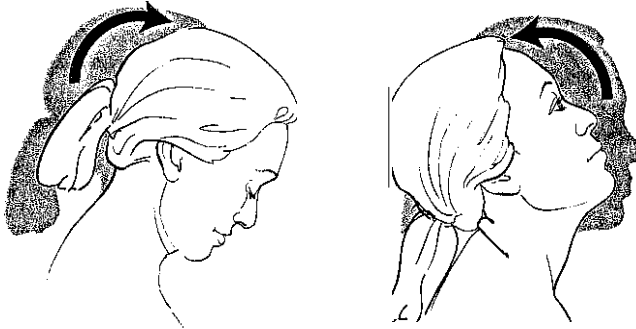


Trimus Neck & Jaw Exercises

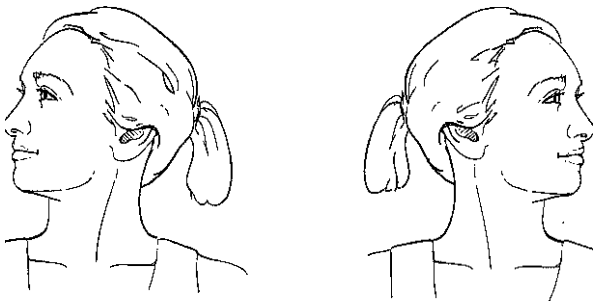
Neck Stretching

Sit or stand with your arms at your side. Hold each stretch for 30 seconds.

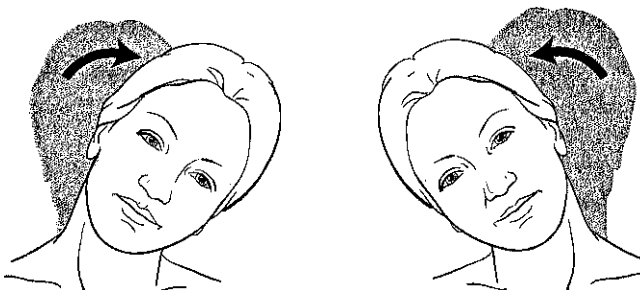
1. Bend your head down.
2. Extend your head backwards.



3. Rotate your head to the right.
4. Rotate your head to the left.



5. Bend your left ear to your left shoulder.
6. Bend your right ear to your right shoulder.



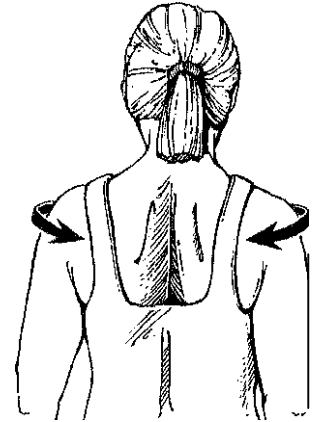
Chin Tuck

Sit or stand with your arms at your side. While looking forward tuck your chin. Pull your head back to line up your ears with your shoulders. Hold for 3 seconds. Perform 10 times slowly.



Shoulder Blade Pinch

Sit or stand with your arms at your side. Hold the chin tuck above. Pinch your shoulder blades together as tightly as possible. Hold for 3 seconds. Perform 10 times slowly.

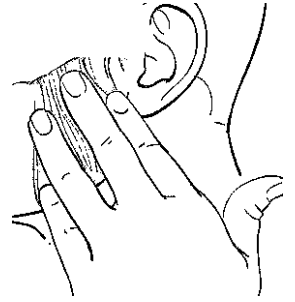


Massage Your Jaw Muscle (Masseter Muscle)

Place your index and middle finger on your cheek bone. Run your fingers down over your masseter muscle, which ends at your bottom jaw. As you move your

fingers, find points that feel tender or tight. Massage each area in a circular direction for 30 seconds.

To keep your jaw muscles relaxed all the time, avoid clenching your jaw when stressed or out of habit.



Exercise Your Jaw Muscles

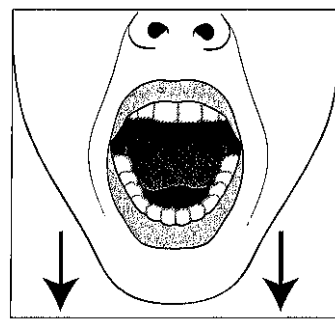
Use a mirror for these exercises to help you do them correctly. These movements should cause a stretching sensation but should not cause pain.

Active 1-ange of motion and stretching exercises

Sit or stand. Hold your head still while doing these exercises.

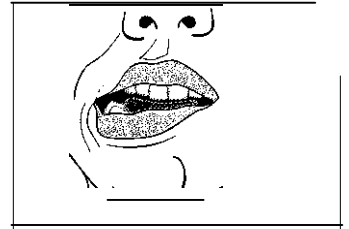
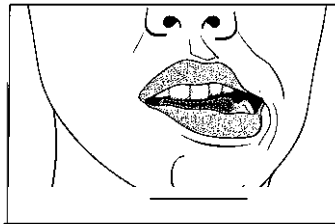
1. Move your jaw as described below. Hold each position for 3 seconds. Repeat 5 times.

- Open your mouth wide.
- Move your jaw to the left.
- Move your jaw to the right.



2. Repeat each position once more. This time stretch each for 30 seconds.

3. Combine these movements to move your jaw in a circle. Open and close your mouth as you rotate your jaw left to right. Make 5 circles.



4. Repeat the circle in the other direction. Make 5 circles.

Passive stretching exercises

Place one thumb on your upper teeth in the middle of your jaw. Place the pointer (index) finger of your other hand on lower teeth in the middle of your jaw. Stretch your jaw open by pushing your bottom jaw down with pointer finger. Hold this stretch for 30 seconds.

