HOME CARE - JAW EXERCISES

STRETCHING THERAPY

1. N-POSITION

- Place tip of your tongue up against the roof of your mouth.
- The tongue is in the position as if you were saying the letter N.
- The teeth are slightly apart and lips are barely touching.

Keep this position as much as possible during the day!

2. N-STRETCHING

- Place tip of your tongue in N position.
- Stretch the jaw open in a straight line without dropping the tongue.
- Hold for 5-10 seconds.
- Do not touch teeth when closing

Repeat 6 times every 2 hours!

3. PASSIVE OPENING

- Put the index finger on the lower teeth and thumb against upper teeth.
- Pry the jaw apart slightly.
- Hold for 5-10 seconds.
- Do not touch teeth when closing.

Repeat 6 times every 2 hours!

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