

Massage Therapy Practice.com

Knowledge, Skills & Support for Massage Therapists

Stabilization of the Jaw

Make sure your jaw is in a relaxed neutral posture. Place the heel of your left hand along one side of the jaw and push your jaw lightly against your hand using your jaw muscles.

The jaw should not move. If there is any movement in either jaw joint, then you need to relax the jaw and repeat with a weaker muscle contraction, until you can do it with no joint movement!

Hold for 6 seconds. Repeat this resisted movement 6 times.

Now do the movement to the other side for 6 seconds, six times. Follow this with resisting the following jaw movements: opening, pushing the jaw forward, closing the jaw and pulling the jaw backward. You should do this cycle at least twice a day over two weeks to begin to build up strength in the jaw muscles.

Purpose:

- To increase the strength of jaw muscles that have become weak through pain avoidance
- To decrease pain and tension in the jaw muscles as they become stronger
- To decrease pain in the jaw by increasing its stability



Using your hand as resistance, **push your jaw in the direction of the arrow**, without moving the jaw at all.

Avoid stretching the jaw muscles to get soreness or trigger points out of them, unless a specialist, since stretching usually makes jaw joints more unstable and painful!

Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Stabilization 2x/day														
Changes in Symptoms?														

Your next appointment is _____ at _____