

# STRETCHING THERAPY

## JAW EXERCISES

### **N-STRETCH**

1. Place tip of your tongue up against the roof of your mouth (in the N position).
2. Stretch the jaw open in a straight line without dropping the tongue (about 2 inches).
3. Hold for **6 seconds**.
4. Do not touch teeth when closing.

Repeat this **exercise 6 times**. This should be done **6 times per day** (approximately every 2 hours). (**6 seconds x 6 repetitions x 6 times per day**).

### **PASSIVE OPENING STRETCH**

For some patients it is necessary to add a small force to the lower teeth to assist them with the N-stretch exercises.

1. Put the index finger on the lower teeth and thumb against the upper teeth.
2. Pry the jaw apart slightly.
3. Hold for **6 seconds**.
4. Do not touch teeth when closing.

Repeat this **exercise 6 times**. This should be done **6 times per day** (approximately every 2 hours). (**6 seconds x 6 repetitions x 6 times per day**).

### **HINGE EXERCISE**

1. Open and close your jaw for about **6 seconds** with **minimum opening** (less than 15 mm)
2. Do not touch teeth when closing.

Repeat this **exercise 6 times**. This should be done **6 times per day** (approximately every 2 hours). (**6 seconds x 6 repetitions x 6 times per day**).