

Resting Jaw Position

Your teeth should only touch when you chew



Sets 1

Reps 1

Hold 10s

HOW TO DO IT

- 1 Place your tongue on the roof of your mouth so the tip sits just behind your front teeth, as if you were saying the letter **N**.
- 2 Keep your teeth slightly apart, they should not be touching.
- 3 Hold this position for **10 seconds**.

Tip: This is the correct resting posture of your jaw. Try to return to this position whenever your jaw is not in use. If you find yourself clenching regularly, mention it to our team at your next visit.

Masseter Massage

Gentle soft-tissue release for jaw tension



LOCATE THE MUSCLE



APPLY CIRCULAR PRESSURE

Sets 3

Reps 1

Duration 30s

HOW TO DO IT

- 1 Sit upright with your feet flat on the floor.
- 2 Tilt your head forward slightly and place your index and middle fingers just below your cheekbone.
- 3 Gently clench your teeth to locate the masseter muscle. You'll feel it tighten under your fingers. Then relax your jaw.
- 4 Using your fingers in a **circular motion**, apply gentle pressure to the muscle for **30 seconds**.

Note: Perform this exercise on the side recommended by your dentist. Repeat for 3 sets with a short rest between each.



Tongue on Roof: Open & Close

Controlled jaw movement to improve range of motion



TONGUE ON ROOF, MOUTH CLOSED



OPEN MOUTH, TONGUE STAYS UP

Sets **3**

Reps **10**

Hold **1s**

HOW TO DO IT

- 1** Sit upright with your feet flat on the floor.
- 2** Place your tongue on the **roof of your mouth**, just behind your front teeth.
- 3** Keeping your tongue pressed there, **open your mouth** as wide as is comfortable.
- 4** Hold for **1 second**, then gently close your mouth and return to the starting position.
- 5** Repeat **10 times** per set. Complete **3 sets**.

Tip: Your tongue acts as a natural guide. Keeping it on the roof of your mouth helps your jaw open in a controlled, straight line.



Stick Assisted Lateral Glides

Guided side-to-side jaw movement for mobility



STICK ON TEETH, JAW CENTRED



GLIDE JAW TO ONE SIDE

Sets 2

Reps 10

HOW TO DO IT

- 1 Place a popsicle stick or tongue depressor lightly on your **bottom teeth**.
- 2 Gently and slowly move your jaw to the **left**, keeping your bottom teeth lightly in contact with the stick.
- 3 Return your jaw to the **midline** (centre).
- 4 Wait **1 second**, then repeat to the **right**.
- 5 Repeat **10 times** each side. Complete **2 sets**.

Tip: The stick acts as a guide. It helps you feel whether your jaw is tracking straight. Move slowly and gently; this exercise should never be painful.