



RANGE OF MOTION EXERCISES

There are three exercises:

- Max opening
- Left lateral movement
- Right lateral movement

Max opening:

- Open as wide as you can then apply pressure on chin using your hand to help increase opening. You may feel a pull. Hold this for 30 seconds and then release. Do this a total of 4x, 4x daily. There is a 30 second rest between repetitions.

Left lateral movement:

- Slide your jaw as far as you can to the left then using your hand, apply pressure from the opposite side of the way you are moving and hold for 30 seconds. You may feel a pull. Do this a total of 4x, 4x daily. There is a 30 second rest between repetitions.

Right lateral movement:

- Slide your jaw as far as you can to the right then using your hand, apply pressure from the opposite side of the way you are moving and hold for 30 seconds. You may feel a pull. Do this a total of 4x, 4x daily. There is a 30 second rest between repetitions.

- **Do each exercise 4 times, hold for 30 seconds, at least 4x daily.**

We are trying to break adhesions so it will be normal for your jaw to make sounds as well as experience slight soreness.