

Phase 3

GOOD FOR:

- Strengthening the jaw and neck
- Preventing jaw pain

GUIDELINES:

- Perform 3 or 4 days a week
- Do 3 sets of 10–15 reps unless otherwise noted

resisted opening

Push up on the bottom of your chin with your thumb. Applying steady resistance with your thumb, slowly open and close your jaw.



resisted closing

Pull down on your chin with your fingers. Applying steady resistance with your fingers, slowly open and close your jaw.



cervical flexor isometric hold

Tuck your chin and elongate your neck. Keeping your head neutral, lift it just high enough to clear the ground and hold. Stop if you cannot maintain the chin tuck or you start lifting your head higher to reduce fatigue. Perform 4 or 5 reps and work up to 30- to 45-second holds.

