

# Phase 1

## GOOD FOR:

- Alleviating jaw pain
- Relieving muscle tension
- Warm-up for phase 2 and 3 exercises

## GUIDELINES:

- Perform every day
- Tools: small massage ball, yoga block
- Add phase 2 when you have no pain at rest and no more than mild pain (3/10) with the exercises

# Phase 1

## SOFT TISSUE MOBILIZATIONS:

- ▶ Spend 1–2 minutes on each area
- ▶ Perform in any order on both sides
- ▶ Stop on tender points for 10–20 seconds

## **masseter mobilization (manual variation 1)**

Using your fingers or thumb, push into the muscle that connects your jawbones. Gently massage the area. Apply pressure on tender spots while opening and closing your jaw.



## **masseter mobilization (manual variation 2)**

Using your fingers or thumb, push into the muscle that connects your jawbones. Gently massage the area. Apply pressure on tender spots while opening and closing your jaw.





## **temporalis mobilization (manual variation )**

Using your fingers or a small massage ball, push on the temporalis muscles on the side of your forehead. Gently massage the area. Apply pressure on tender spots while opening and closing your jaw.



## **temporalis mobilization (ball variation)**

Using your fingers or a small massage ball, push on the temporalis muscles on the side of your forehead. Gently massage the area. Apply pressure on tender spots while opening and closing your jaw.





## suboccipital mobilization

Place a small massage ball on a yoga block, positioning the ball at the base of your skull, just to the side of your cervical spine. Slowly move around this region to target the suboccipital muscles. You can rotate your head to the side or twist and adjust the ball with your opposite hand.

