

Phase 2

GOOD FOR:

- Improving jaw and neck range of motion
- Warm-up for phase 3 exercises

GUIDELINES:

- Perform every day
- Add phase 3 when you can do the exercises with no more than mild pain (3/10)

Phase 2

MOBILITY EXERCISES:

- ▶ Do 3 sets of 10–15 reps
- ▶ Active range of motion (AROM)—move as far as you can without pain
- ▶ Pause at end range for 2–3 seconds
- ▶ Perform seated or standing

tmj mobility (opening and closing)

Open your jaw as far as you can without pain. Use your fingers to gently stretch the joint.



tmj mobility (lateral deviation)

Open your mouth slightly,
then slide your lower
jawbone from right to left.



You can position a pen between your teeth
to gauge the distance.



tmj mobility

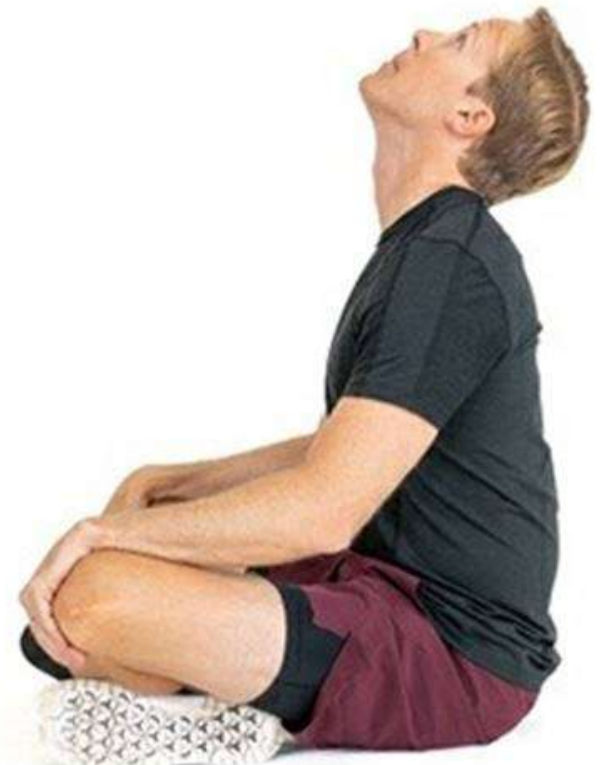
(protraction and retraction)

Open your mouth slightly,
then slide your lower
jawbone forward and
backward..



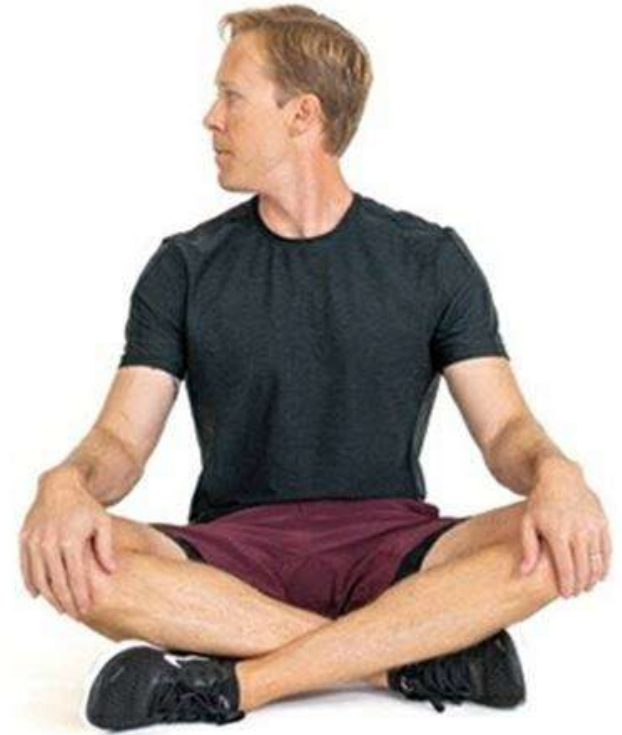
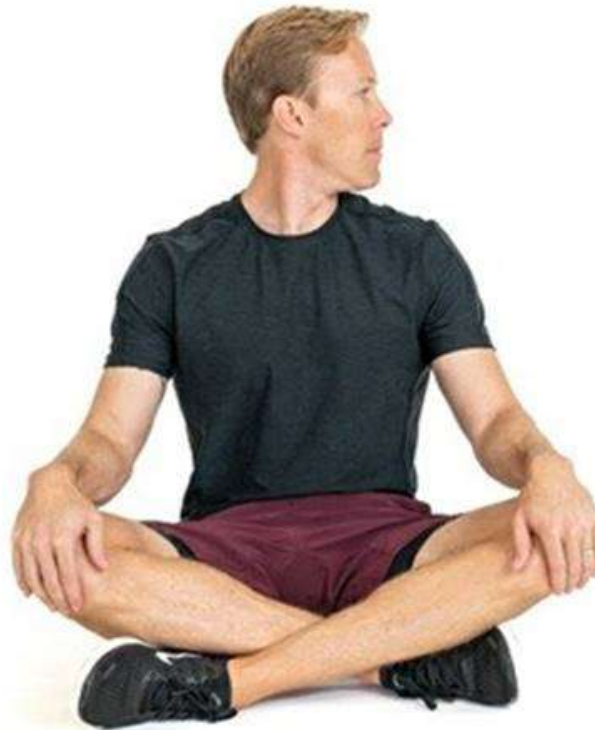
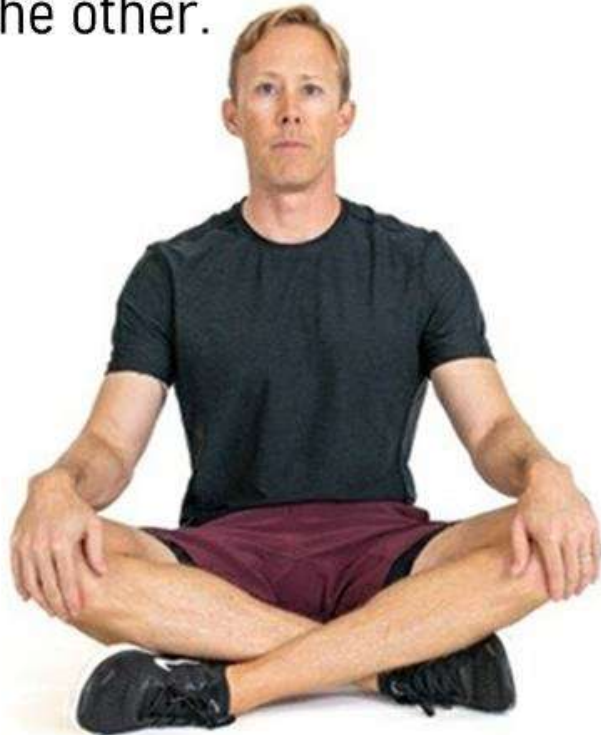
cervical mobility **(flexion and extension)**

Start in a neutral position.
Slowly move your chin
toward your chest, then tilt
your head back.



cervical mobility (rotation)

Keeping your spine straight, slowly rotate your head toward one shoulder, then the other.



cervical mobility (side-bend)

Slowly move your ear toward one shoulder, then the other.

