

Jaw Range of Motion Exercises

The following exercises target jaw range of motion through stretching. Please make sure you are stretching to a comfortable position; these exercises should not cause pain.

Position: Seated upright in a chair

Repetitions: 5x each

Sets: 1x

Frequency: 3x/day

Exercises:

Jaw Opening: open your jaw as wide as you can to feel a good stretch, hold for 5 seconds. Repeat 5x.

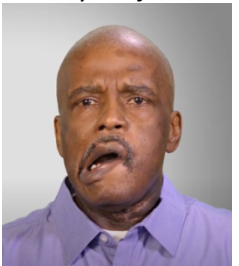
***Tip:** pretend you are holding a yawn.



Side to Side Jaw Movement:

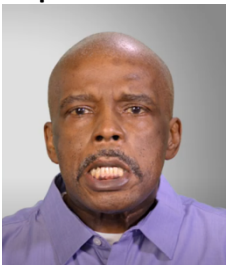
Move your jaw to the right as far as you can, hold for 5 seconds. Repeat 5x

Move your jaw to the left as far as you can, hold for 5 seconds. Repeat 5x



Jaw Thrust: stretch your lower jaw as far forward as you can.

***Tip:** Your lower teeth should now extend beyond your upper teeth. Hold for 5 seconds, repeat 5x.



Circular Jaw Movement: move your jaw in a circular motion, make sure you are stretching in all directions. Repeat 5x.
(not pictured)

Video Link: <https://youtu.be/3soumWhyo6U>

Please immediately stop any exercise should you feel new discomfort & notify your speech-language pathologist or doctor