

Salt Lake Facial and Buccal Massage



ROCABADO'S EXERCISES FOR TMD JAW PAIN



1 Place tongue at the roof of your mouth just behind your front teeth. Hold tongue in that position as you take a deep breath in and out through your nose. Repeat 6x.



2 Place tongue at the roof of your mouth just behind your front teeth. Hold tongue in that position as you slowly open and then close your mouth. Repeat 6x.



3 Place tongue at the roof of your mouth just behind your front teeth and place fist underneath chin. Gently open mouth into fist and hold for a few seconds. Repeat for Left, Right, Protrusion, and Extension



4 Place your hands behind your hand with fingers interlocked. Gently bring head forward with gentle overpressure from hands.



5 Sitting up nice and tall, bring your chin backward as if trying to make a double chin.



6 Sitting up nice and tall, squeeze your shoulder blades back and together.

**For all exercises: complete 6 repetitions, 6 times per day*

Learn more about treatment for TMD at SLCFAB.COM

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