

**Self Jaw Release Temporalis**

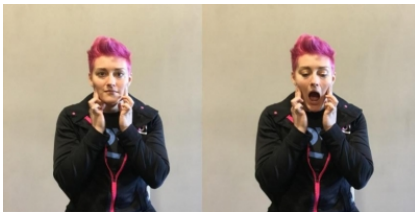
Place your fingers on your temple and push gently upward while you open your jaw as wide as you can. Then move your fingers an inch back around your head and repeat. The Temporalis muscle is a half circle starting from your temple to around your ear, so you can repeat the stretch, moving your fingers to get the whole muscle.

Repeat 5 Times

Complete 1 Set

Hold 4 Seconds

Perform 3 Times a Day

**Self Jaw Release Masseter**

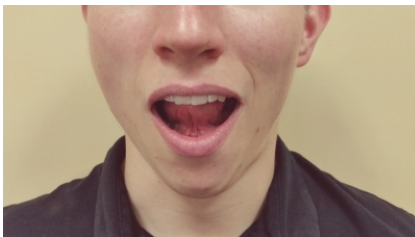
Place two fingers below your cheeks on the sides of the face, which is where you can find your masseter muscle. Push gently in and up as you open your jaw as wide as possible.

Repeat 5 Times

Complete 1 Set

Hold 4 Seconds

Perform 3 Times a Day

**Tongue Up and Open**

start with tongue up on the roof of the mouth, teeth slightly apart, and jaw relaxed, open jaw to the point where your tongue maintains contact on the roof of your mouth, then return to starting position

Repeat 5 Times

Complete 1 Set

Hold 4 Seconds

Perform 3 Times a Day