

Temporalis Muscle—Compress and Stretch



- Place the pad of the thumb of both hands just above the cheek bones and press in.
- While slowly opening the mouth, press in against the jaw muscles (temporalis) with the thumbs. Slowly slide the thumbs up and along the muscle.
- End the compression and stretching when you meet the edge of the muscle, which is about 1-2" above the ear.
- Repeat at least 10 times.
- Be sure to address tension in all areas of the muscle (blue shaded area to the right).
- Applying some lotion to the face may make the stretch easier and more comfortable.



Unless otherwise indicated below, perform this stretch 4-6 times daily.

Repetitions: _____ Sets: _____ Repeat _____ times daily.

Hold time: _____ Other instructions: