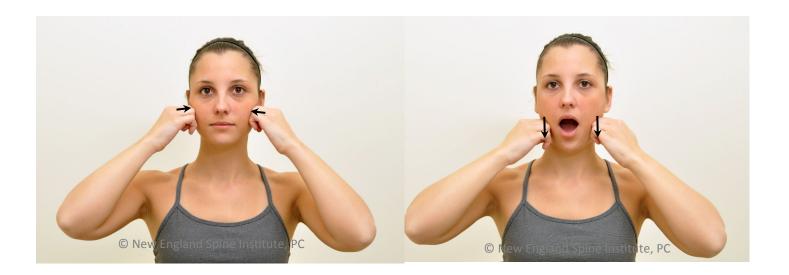
TMJ—Masseter Muscle—Compress and Stretch



- Place the knuckles of both hands just beneath the cheek bones and press in.
- While slowly opening the mouth, press in against the jaw muscles with the knuckles.
- End the compression and stretching when you meet the edge of the mandible (jaw bone).
- 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 indicted below, perform this stretch several times a day.

Repetitions:	Sets:	Repeat	_ times daily.
Hold time:	Other instructions:		

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