

# 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 indicated below, perform this stretch several times a day.

Repetitions: \_\_\_\_\_ Sets: \_\_\_\_\_ Repeat \_\_\_\_\_ times daily.

Hold time: \_\_\_\_\_ Other instructions: