



Home Care Therapy: Head, Neck and Jaw Exercises

Note: While doing these exercises, make sure to maintain good posture. During the day, remember to drink plenty of water to help flush any toxins being released from these exercises. Try and stay away from processed foods and avoid eating really chewy foods and chewing gum.

Head & Neck Stretches

1. Drop your head towards the right, take your right hand and place on left side of head above your ear and apply a gentle pressure. Hold for 10 seconds. Repeat on the other side. (Complete 3 sets on each side.)
2. Look over your right shoulder, take your right hand and apply gentle pressure to the left side of your chin. Hold for 10 seconds. Repeat on opposite side. (Complete 3 sets on each side.)
3. Sit up straight and with your shoulders back, drop your head back and look towards the ceiling. Hold for 10 seconds. Then look down towards the floor, and use your hand to gently apply pressure to your head. Hold for 10 seconds and then switch back to looking up at the ceiling. (Complete 3 cycles of this).

Jaw Exercises

1. Open your mouth and put your tongue to the roof of your mouth. Use two fingers to gently apply pressure to your chin in a downwards motion. Hold for 5 seconds.
2. Slide your jaw to the right, use two fingers to gently apply pressure towards the right. Hold for 5 seconds.
3. Repeat all of the above 3 times.

If you have questions regarding these instructions, please feel free to call our office at (970) 328-1116