

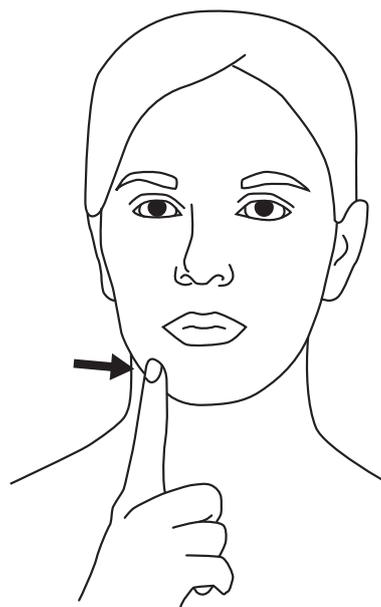
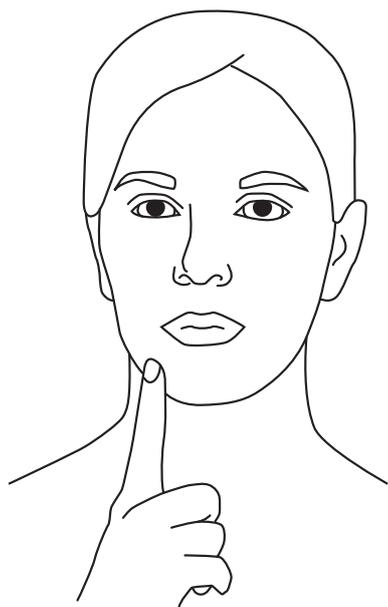
# Resisted exercise to improve jaw control

## **i** Information for patients MSK Outpatients (Therapy)

**Do not do this exercise until your therapist has explained it**

### How can I improve jaw control?

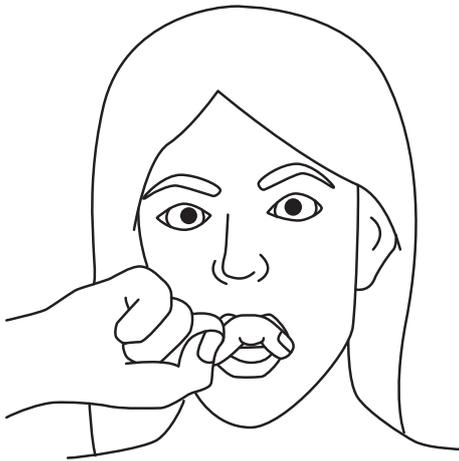
- Start with your teeth slightly apart – the '**Emma**' position.
- Put your right index finger on the right side of your chin (**see image below**).
- Keep your chin in a **central** position.
- Apply a **gentle** force with your finger, as if you are gently trying to push your chin to the left, but **don't** allow your chin to move.
- Hold for **5 seconds**; repeat **5 times**.
- Next do the same exercise using your left index finger on the left side of your chin.
- Do this exercise on each side **3 times daily**.



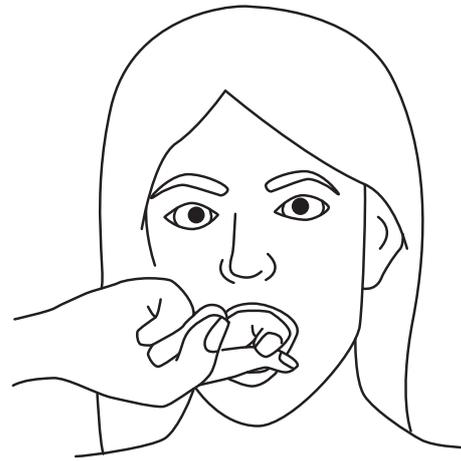
**Turn over for page 2**

## Exercise progression

1. When you can do the basic exercise (on page 1) **without difficulty**, you can try moving on to this next step:
  - Do the same gentle exercise with your **mouth open to 'one finger width'**.
  - The **image below** illustrates how to measure your mouth opening to 'one finger width'.
2. When you can do the exercise with your mouth open to 'one finger width' **without difficulty**, you can try moving on to this next step:
  - Do the same gentle exercise with your **mouth open to 'two finger widths'**.
  - The **image below** illustrates how to measure your mouth opening to 'two finger widths'.



Open to 'one finger width'



Open to 'two finger widths'



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