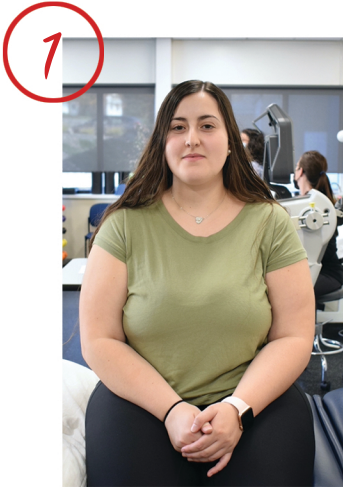




ROCABADO'S EXERCISES FOR TMD JAW PAIN



Place tongue at the roof of your mouth just behind your front teeth. Hold tongue in that position as you take a deep breath in and out through your nose. Repeat 6x.



Place tongue at the roof of your mouth just behind your front teeth. Hold tongue in that position as you slowly open and then close your mouth. Repeat 6x.



Place tongue at the roof of your mouth just behind your front teeth and place fist underneath chin. Gently open mouth into fist and hold for a few seconds.



Place your hands behind your hand with fingers interlocked. Gently bring head forward with gentle overpressure from hands.



Sitting up nice and tall, bring your chin backward as if trying to make a double chin.



Sitting up nice and tall, squeeze your shoulder blades back and together.

****For all exercises: complete 6 repetitions, 6 times per day***