

Systematic movement training, free movements



Tense your shoulders, lower your shoulders and relax.



Sit comfortably with your shoulders lowered and in a relaxed state. Take three deep breaths. Breathe using your stomach, so-called deep abdominal breathing. Breathe in through your nose while counting to four. Hold your breath while counting to four. Breathe out while counting to eight.



Relax your lower jaw. Make the sound of the letter 'M' to find a relaxed position for your jaw.



Do small 'jogging' movements with your lower jaw, i.e. small relaxed up and down movements without bringing your teeth into contact.



Slowly open your mouth as wide as you can and then close your mouth, without your teeth coming into contact. Repeat 10 times.



Open your mouth a little. Slowly bring your lower jaw forward as far as possible and then backward. Repeat 10 times. Avoid your teeth coming into contact.



Open your mouth a little. Slowly bring your mouth forward as far as possible to the left and then back into a comfortable position. Repeat 10 times. Avoid your teeth coming into contact.



Open your mouth a little. Slowly bring your mouth forward as far as possible to the right and then back into a comfortable position. Repeat 10 times. Avoid your teeth coming into contact.

Perform the entire programme three times a day. Initially, the exercises can cause short-lasting pain and/or discomfort. Avoid the movements in the programme that cause immediate or lasting pain. Between training sessions, take note of whether or not you are biting your teeth together. Remember that your teeth should normally only be in contact when you are eating.