

# SYSTEMATIC MOVEMENT TRAINING, EXERCISES AGAINST RESISTANCE

Initially, the exercises can cause short-lasting aching and/or discomfort. Avoid the exercises on the programme that cause immediate or lasting pain. Between training sessions, take note of whether you are biting your teeth together. Remember that your teeth should only touch when eating and swallowing.

Warm up your muscles for approx. 5 minutes, e.g. using a dampened towel or wheat pillow that has been heated in the microwave and by lightly 'jogging' your lower jaw for a few minutes.

Avoid activating your face and neck muscles.  
Ensure that you do the movements without your teeth touching.  
Keep your head straight during the exercise.

**PERFORM THE ENTIRE  
PROGRAMME THREE  
TIMES EACH DAY**



Scan the QR code for an  
instruction video.



Place a couple of fingers under your chin.  
Slowly open your mouth wide against mild resistance.  
Release your fingers and close your mouth without your teeth touching.  
Repeat 10 times.



Place a couple of fingers with light resistance against the right side of your chin. Open your mouth somewhat. Move your lower jaw slowly as far as possible to the right. Release your fingers and move your lower jaw back to the centre. Repeat 10 times. Avoid allowing your teeth to touch.



Place a couple of fingers with light resistance against the left side of your chin. Open your mouth somewhat. Move your lower jaw slowly as far as possible to the left. Release your fingers and move your lower jaw back to the centre. Repeat 10 times. Avoid allowing your teeth to touch.



Place a couple of fingers against the tip of your chin. Open your mouth somewhat. Move your lower jaw forward with light resistance. Release your fingers and move your lower jaw back to a comfortable position. Repeat 10 times. Avoid allowing your teeth to touch.



Open your mouth wide. Place two fingers on the incisors of your lower jaw. Close your mouth slowly against the mild resistance provided by your fingers. Hold for a few seconds. Release your fingers Repeat 10 times.