

SYSTEMATIC MOVEMENT TRAINING, FREE MOVEMENTS

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.

By all means perform your movement training in front of a mirror to make it easier to coordinate the movements of your lower jaw.

Warm up your muscles for approx. 5 minutes, e.g. using a dampened towel or wheat pillow that has been heated in the microwave.

Keep your head straight during the exercise.

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



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 4.

Hold your breath while counting to 4.

Breathe out while counting to 6.



Allow your lower jaw to rest. Make the sound of the letter 'M' for 1–2 minutes to find a relaxed position for your jaw.



If you know that you are pressing your tongue against your teeth or palate, you can make the sound of the letter 'A' for 1–2 minutes. The tongue is then in the resting position in the lower jaw.



Make small 'jogging' movements with your lower jaw, i.e. make small, relaxed movements up and down without the teeth touching each other for 1–2 minutes.



Slowly open your mouth as wide as you can, keeping the lower jaw in this position for 10 seconds, and then close your mouth, without your teeth touching. Repeat 10 times.



Open your mouth somewhat. Move your lower jaw slowly as far forward as possible and then back. Repeat 10 times. Avoid allowing your teeth to touch.



Open your mouth somewhat. Move your lower jaw slowly as far as possible to the left and then back to the centre. Repeat 10 times. Avoid allowing your teeth to touch.



Open your mouth somewhat. Move your lower jaw slowly as far as possible to the right and then back to the centre. Repeat 10 times. Avoid allowing your teeth to touch.



Avoid activating your face and neck muscles.
Ensure that you do the movements without your teeth touching.

Scan the QR code for an instruction video.