

# STRETCHING USING YOUR FINGERS

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.

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.

**REPEAT THE EXERCISE  
4 TIMES IN A ROW, 4  
TIMES A DAY**



Scan the QR code for an instruction video.



Open your mouth wide.



Place your thumbs against the row of teeth in your upper jaw and your index fingers against the row of teeth in your lower jaw. Stretch your mouth further by pressing your fingers against the rows of your teeth. Stretch for 15–30 seconds. Then release your grip and relax for 10 seconds before performing another round.

Ensure that you keep your head straight during the entire exercise.