

STRETCHING USING A CLIP DEVICE

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.

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



Open your mouth wide.



Scan the QR code for
an instruction video.



Place the device between the rows of teeth, preferably between the incisors. This is to provide an even load to the right and left sides of the face.



Carefully open up the device by squeezing its rear part. Soften up the jaw by applying light force 10 times in a row. Try to press against the device, but now with great force.

In the final position, when your mouth is at its widest, keep the device in this position for 20 seconds. Then relax for 10 seconds before applying pressure to the device again.

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