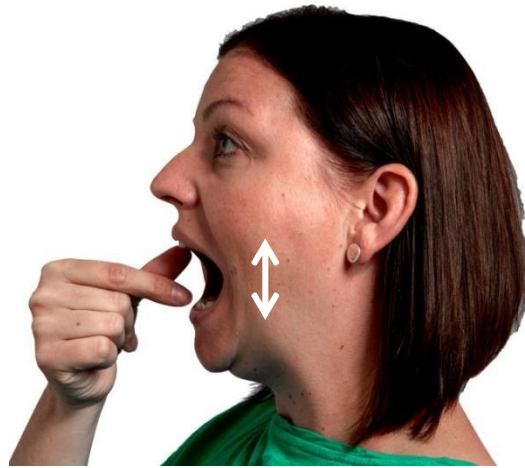


Stretching using your fingers



Open your mouth wide. Place your thumb against the row of teeth in your upper jaw and your index finger 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. Repeat once or twice.