

Clucking

- Tongue 'Clucking' – making a 'clucking' sound positions the tongue against the hard palate in the correct resting position for appropriate nasal and diaphragmatic breathing. Once the activity is practiced, the patient is to attempt to maintain appropriate tongue / jaw resting position throughout normal activity.

Perform 1 set of 15 Repetitions, three times a day.

Perform 1 repetition every 1 Seconds.

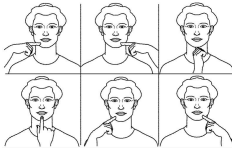
Jaw side glide control

- Place tip of tongue behind top teeth on the side of the clicking.
- Keep tongue in contact with roof of mouth.
- Open and close mouth slowly.
- Watch yourself in mirror to open and close mouth evenly, not allowing side to side motion.

Perform 3 sets of 10 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

TMJ 6 way

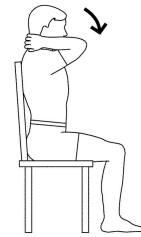
- Sit, relaxed, with proper posture, teeth slightly apart, tongue on roof of mouth, and breathing with your diaphragm.
- Without moving jaw, press gently on jaw for several seconds in each in the following directions:
 1. To the left, then to the right.
 2. Press up on chin, then back.
 3. Press diagonally back and to left, then diagonally back and right.

Special Instructions:

Amount of pressure only be about enough to cause an indentation on the skin.

Perform 1 set of 2 Repetitions, once a day.

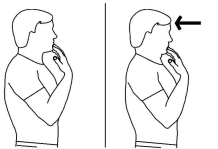
Hold exercise for 8 Seconds.

Sitting upper neck forward stretch

- Sit in chair with back support.
- Maintain proper posture.
- Place hands behind neck.
- Bend neck forward not allowing lower neck to move or bend.
- Return to start position and repeat.

Perform 1 set of 2 Repetitions, once a day.

Hold exercise for 30 Seconds.

Chin tuck

- Sit or stand, looking forward, with good posture.
- Tuck chin in.
- Return to start position.

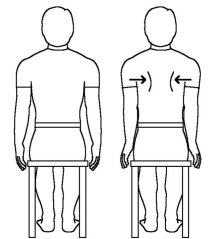
Special Instructions:

To progress, place finger on chin, apply backwards pressure.

Perform 3 sets of 5 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

Sitting shoulder blade pinch

- Sit tall in a chair.
- Pinch shoulder blades together as shown.
- Relax and repeat.

Perform 1 set of 5 Repetitions, once a day.

Hold exercise for 8 Seconds.

Try to do these exercises daily.

Issued By: Dr. Merritt

These exercises are to be used only under the direction of a licensed, qualified professional.

Dr. Levi G. Merritt

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