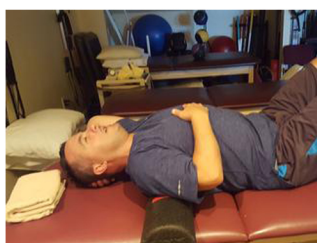
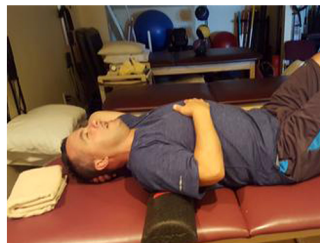
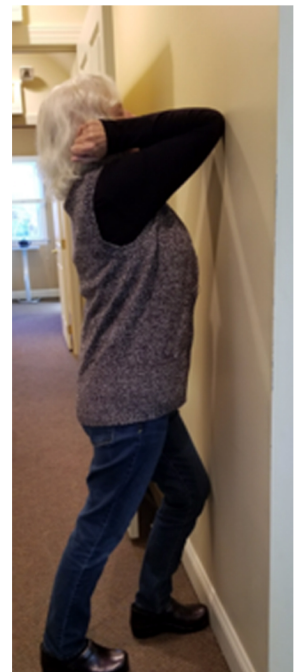
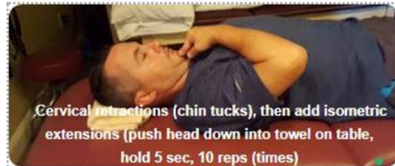
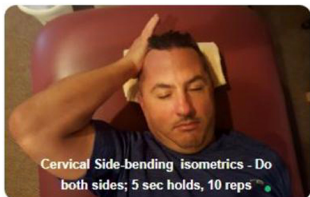
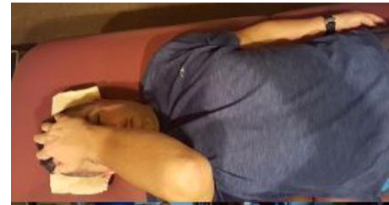
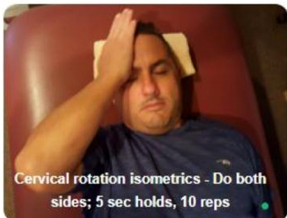


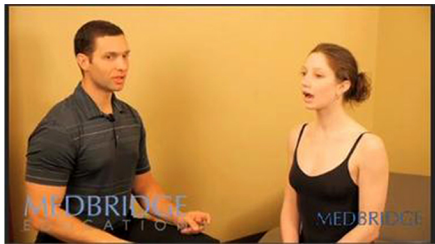
**IMPORTANT NOTICE:** These exercises **should not be performed without professional guidance**. Each exercise is for a specific musculoskeletal problem. While one exercise might help your particular condition, another one might hurt it; this is why it's important to see a Doctor Of Physical Therapy First!

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### Suprahyoid Facilitation: "N's" Jaw Depression Exercise

- Tongue is pushed superiorly on palate
- Open mouth
- The "N" sound is made while depressing the jaw
- Performed for 6-8 seconds, 6-8 repetitions, 6-8 times per day
- Only jaw moves, not cervical spine

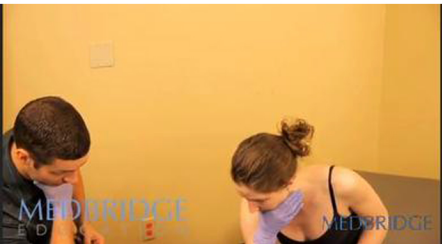
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### Masseter Self PIR

- Upright posture
- Take hand with thumb hooked on lower teeth.
- Patient depresses jaw to pain free barrier
- Patient contracts with 10% isometric contraction for 8-10 seconds
- Deep breath and perform "yawn"
- Performed 3 times in a row, 6-8 times a day

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### Lateral Pterygoid Self PIR

- Jaw is loaded with gravity or light push from arms straight posteriorly with teeth slightly apart.
- Patient performs isometric "underbite."
- Hold 8-10 sec with 10% contraction
- Breathe deeply and relax jaw to new barrier
  - Not much motion
  - Should be pain free

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### Diaphragmatic Breathing: Crocodile Breath

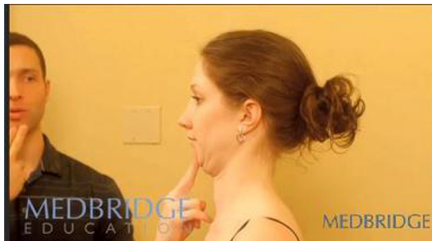
- Patient prone on firm surface with hands supporting head.
- Instruct to feel for pressure around umbilicus w/ normal breaths
  - Useful to instruct patient to imagine they are filling a balloon full of air in their pelvis
  - Make sure they are not contracting abdominals
- Patient will need a progression as this is an awareness drill



### Mid/Low Trap Facilitation

- Must have awareness of how to contract the trapezius muscle
- Prone with hands open, palms towards ground.
- Patient retracts and depresses scapulae while externally rotating the hands
  - Must remain relaxed in cervical spine & upper shoulder.

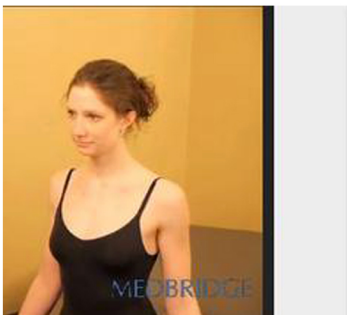
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### Deep Neck Flexor Facilitation : Chin Tucks

- Patient seated w/ upright posture
- Retracts the c/spine
- Use 2 fingers as a guide, not to assist
- Performed for 6-8 sec, 6-8 reps, 6-8 x/day
  - No shoulder movement
  - Patient should feel at most a **slight** stretch at suboccipital area (don't overdo!)
  - Watch for clenching

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### Posture Relief: Bruegger Position

- Very easy and valuable tool to aid in facilitating upright posture
- Patient sits tall
- Externally rotate feet w/ abducted knees
- Sternum up and out
- Shoulders relaxed and turn palms outward
- Chin tucks slightly
- Perform 15 seconds every 15 minutes continuously seated

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