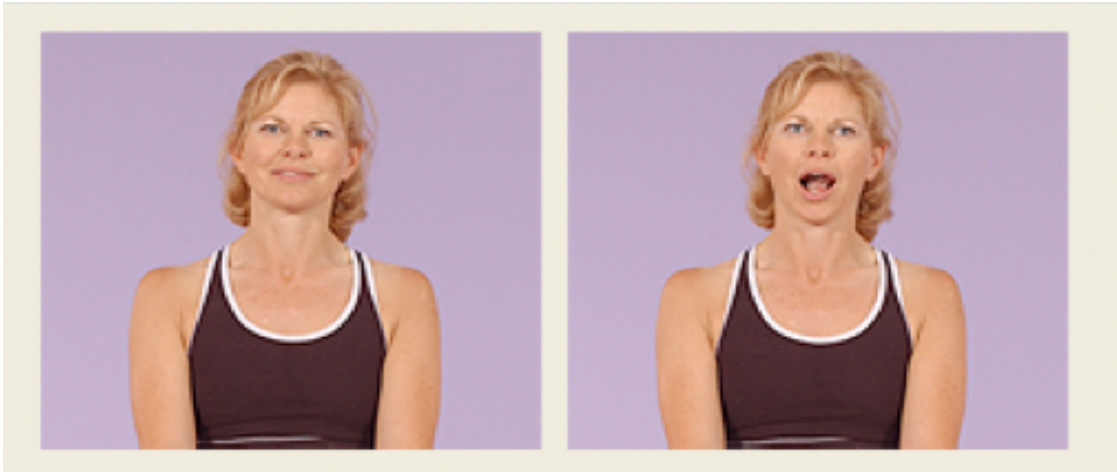


## TMJ “ Cluck” Stretch



Open your mouth while keeping your tongue touching the roof of your mouth. This is the same motion as if you were going to make a “clucking” sound with your tongue, however you should keep the tongue against the roof of your mouth. Hold for 5-10 seconds.

Repeat 2-3 times.