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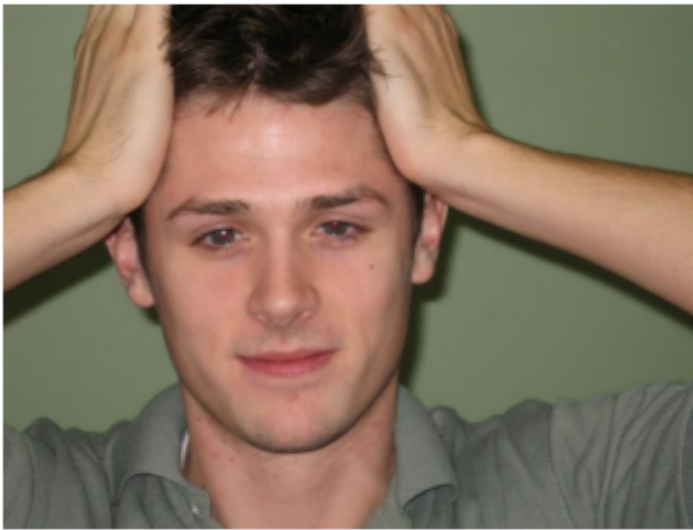


@tmdwithdrleigh



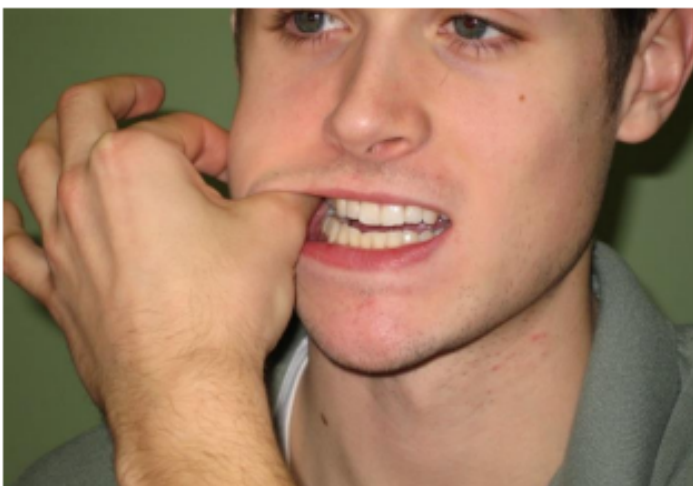
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TEMPORALIS MUSCLE SELF MASSAGE



- Place heel of hands on temporal area
- Gently clench teeth and feel muscle contract under the heel of your hands, then relax
- Massage using pressure to your tolerance for 2 to 3 minutes, several times a day

MASSETER MUSCLE SELF MASSAGE



- Using index and thumb finger gently massage the muscles used for chewing 2 to 3 minutes several times a day to your tolerance.