

Head/Neck and Jaw Repositioning – Great to do in bed before sleep. Perform in sequential order

Part 1

Beth Kais

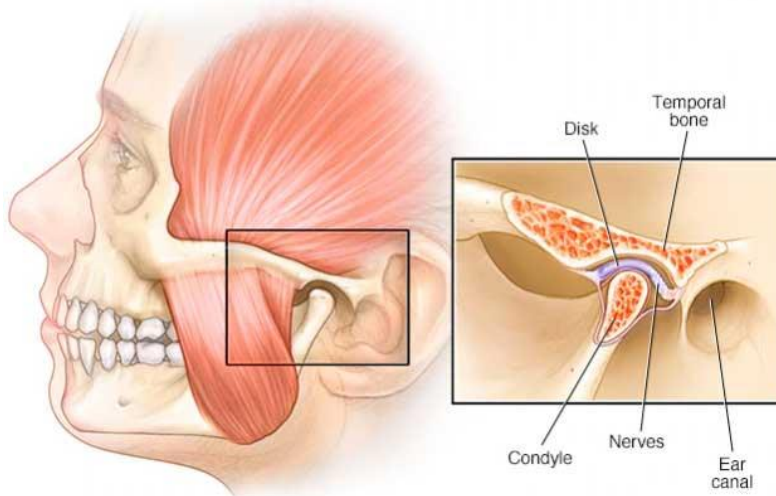
www.bethkais.com

Pre-tests (optional)

- Volume and quality of voice projection (may sing) looking for ease of expression and tone (not high and restricted)
- Ability to look down at the cheeks with the eyes (eye strain or difficulty looking down)
- Jaw movement forward and backward (restricted)
- Jaw movement forward and open/down (restricted, off to one side, movement from side to side or clicking)
- Jaw movement right and left

Proper Jaw Position

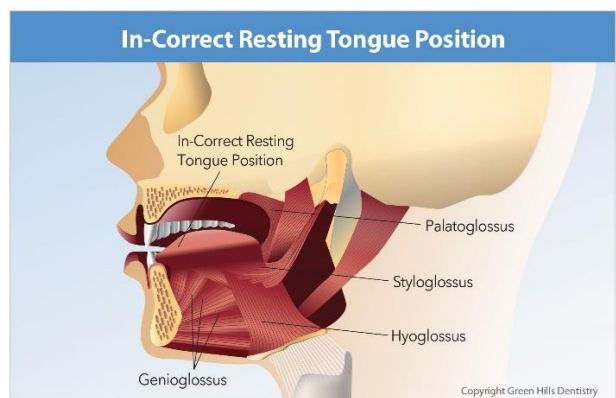
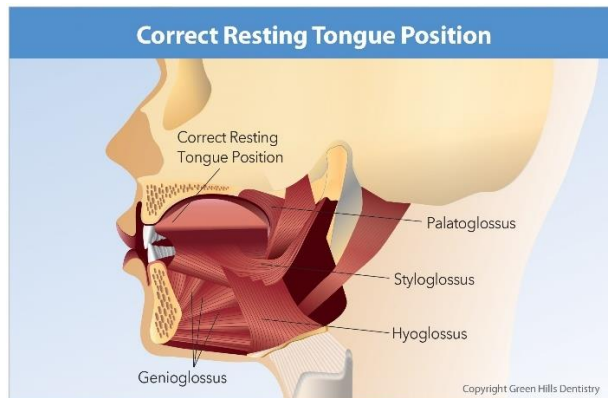
- Place your index fingers in your ears. The finger tip should fit easily into the ear opening
- Slowly move your jaw forward and down. Take note if the ear opening space gets bigger
- Where the jaw is positioned when your fingertips fit in your ear opening is the proper jaw position



- Note the space between the condyle of the jaw and the ear canal

Proper Tongue Position

- The top of the tongue should sit on the roof of the mouth and between the molars with the tip of the tongue just above the front teeth resting on the ridge just above the front teeth with the lips closed



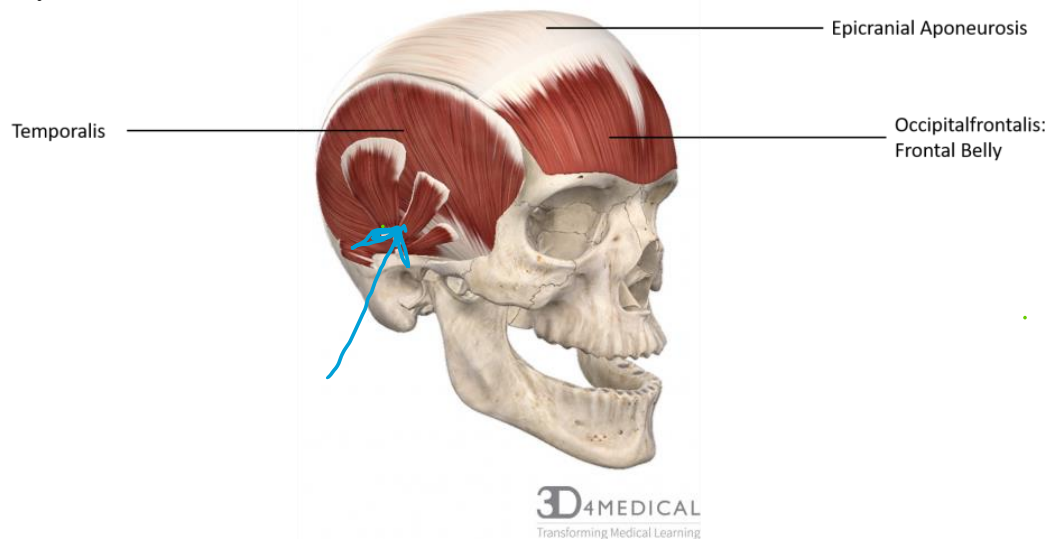
Perform all exercises with the jaw and tongue in the proper resting position.

Body Positions

- Place yourself in a comfortable, relaxing position. This may be
 - o Lying down on your back with your neck supported by a cervical pillow or rolled towel
 - o Lying down with your torso elevated on pillows or a wedge and your neck supported by a cervical pillow, cervical roll or rolled towel
 - o Sitting comfortably in a chair with your feet flat on the floor and in line with your hips, torso straight and aligned

Side Head and Forehead Fascial Release – Temporalis and Occipitalfrontalis

May do one side at a time or both sides together



Upward Strokes

- In your comfortable position
- Starting at the side of the head above the jaw and next to the ear and gently press your fingertips into your muscle and upward toward the top of your head along the side over the temporalis muscle
 - o If you find sore spots stop at the location and apply gentle pressure until the discomfort goes away. Then move to the next area
- Move upward in the area all along the side of the head on both sides
- Then move to the front of the head (forehead) and also gently press upward with your fingertips
 - o Include the bridge of the nose
- Perform for a few minutes as time allows or until the muscle feels completely soft, moveable and relaxed (completely free of sore spots)

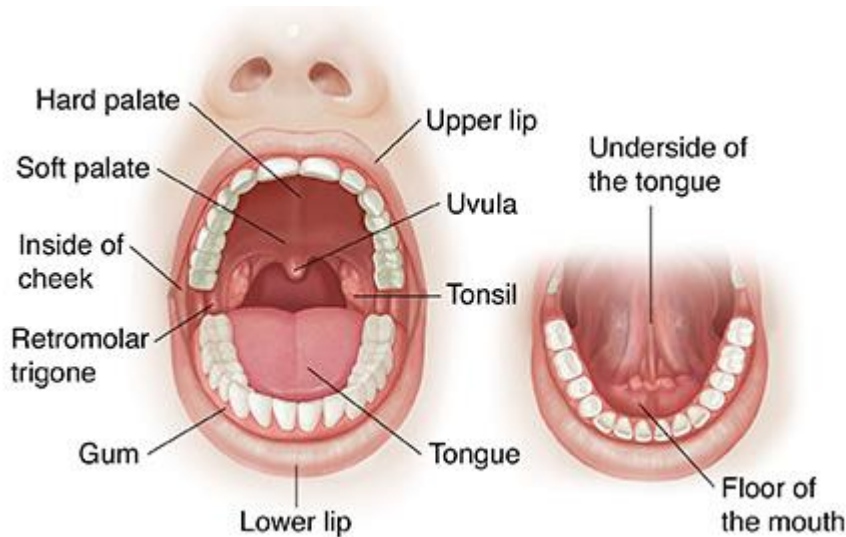
Side to Side Strokes (cross friction)

- In your comfortable position
- Starting at the side of the head above the jaw and next to the ear and gently press your fingertips into your muscle and move the fingers side to side over the temporalis muscle
 - o If you find sore spots stop at the location and apply gentle pressure until the discomfort goes away. Then move to the next area
 - o Gradually move up toward the top of the head
- Move upward in the area all along the side of the head on both sides
- Perform for a few minutes as time allows or until the muscle feels completely soft, moveable and relaxed (completely free of sore spots)

Roof of the Mouth Massage

- In your comfortable position
- Gently massage the hard and soft palate along the center line and along the right and left sides from the front teeth to the back molars and the lip area under the tip of the nose

- 3 to 5 strokes along the center of the palate and each side of the palate and under the nose
- <https://www.youtube.com/watch?v=utzfLOzRLUo>



Head/Neck Repositioning – Perform after completing the head and roof of the mouth/palate massage

Creating Space/Lengthening Between Where the Head Meets the Neck

- In your comfortable position with the neck supported
- This is very subtle and individual and may require some visualization or touch (tactile)
- There may or may not be any actual movement
- Self cues may include
 - o Relaxing/melting the muscles in this area, including the shoulders
 - o Imagining a string pulling your head straight up and away from your neck
 - o Feeling your head float up like a balloon away from your neck

Eyes

Purpose

- Stretch the muscles where the head meets the neck to prevent extension of the head on the neck (O/A-A/A or Co/C1/C2)
- In your comfortable position
- Place your tongue on the roof of your mouth behind your teeth (tip on the ridge of the roof of your mouth)
 - o Keep the mouth closed as you swallow
 - o Places the tongue in the proper resting place
- Think of lengthening/increasing the space between where your head meets your neck
 - o Your personal vision or cuing
- Eyes may be open or closed
- Inhale (nose 6 to 8 seconds)
- Exhale (nose or lips lightly parted for 8 to 10 seconds)
 - o Look down at your cheek bones while you exhale
- Inhale and return the eyes to the starting position
- Exhale and look down at the cheeks again
- Perform for 5 breaths

Jaw

Purpose

- Increase stretch at the top of the neck

- Restore neck curve
- Release tight jaw and chin muscles
- In your comfortable position
- Place your tongue on the roof of your mouth behind your teeth (tip on the ridge of the roof of your mouth)
 - o Keep the mouth closed as you swallow
 - o Places the tongue in the proper resting place
- Think of lengthening/increasing the space between where your head meets your neck
 - o Your personal vision or cuing
- Place your finger(s) on the center of your chin
- Inhale (nose 6 to 8 seconds)
- As you exhale
 - o Press the jaw forward (feel with your fingers) and
 - o Open as far as you can
 - o The jaw should move forward and down toward your sternum
 - o Mouth will open and tongue will release from the roof of the mouth
- Inhale and return to the start position with the tongue on the roof of the mouth behind the teeth and tip on the ridge)
- Perform 5 jaw opening and closing

Jaw Opening with Maintaining Proper Tongue Placement

- In your comfortable position
- Place your tongue on the roof of your mouth behind your teeth (tip on the ridge of the roof of your mouth)
 - o Keep the mouth closed as you swallow
 - o Places the tongue in the proper resting place
- Think of lengthening/increasing the space between where your head meets your neck
 - o Your personal vision or cuing
- Place your finger(s) on the center of your chin
- Inhale (nose 6 to 8 seconds)
- **As you exhale keep the tongue on the roof of the mouth as you**
 - o Press the jaw forward (feel with your fingers) and
 - o Open as far as you can
 - o The jaw should move forward and down toward your sternum
 - o Mouth will open and tongue will remain on the roof of the mouth
- Inhale and return to the start position with the tongue on the roof of the mouth behind the teeth and tip on the ridge)
- Perform 5 jaw opening and closing

Neck Muscle (Cervical Flexors) Activation

Purpose

- Support the proper position of the neck by activating the muscles that hold the neck in place
- In your comfortable position
- Place your tongue on the roof of your mouth behind your teeth (tip on the ridge of the roof of your mouth)
 - o Keep the mouth closed as you swallow
 - o Places the tongue in the proper resting place
- Think of lengthening/increasing the space between where your head meets your neck
 - o Your personal vision or cuing
- Inhale (nose 6 to 8 seconds)
- As you exhale (nose or pursed lips 8 to 10 seconds)
 - o Slowly and gently lower your chin toward your sternum as if nodding yes
 - o Go slowly taking then entire exhale to complete the motion
 - o If your range of motion is limited comfortably go to your stopping point and wait until the end of your exhale
- Inhale and return to the start position
- Think of lengthening/increasing the space between where your head meets your neck

- Elongate as if someone was pulling a string attached to the center of the top of your head
- Perform 3 to 5 total nods to the center

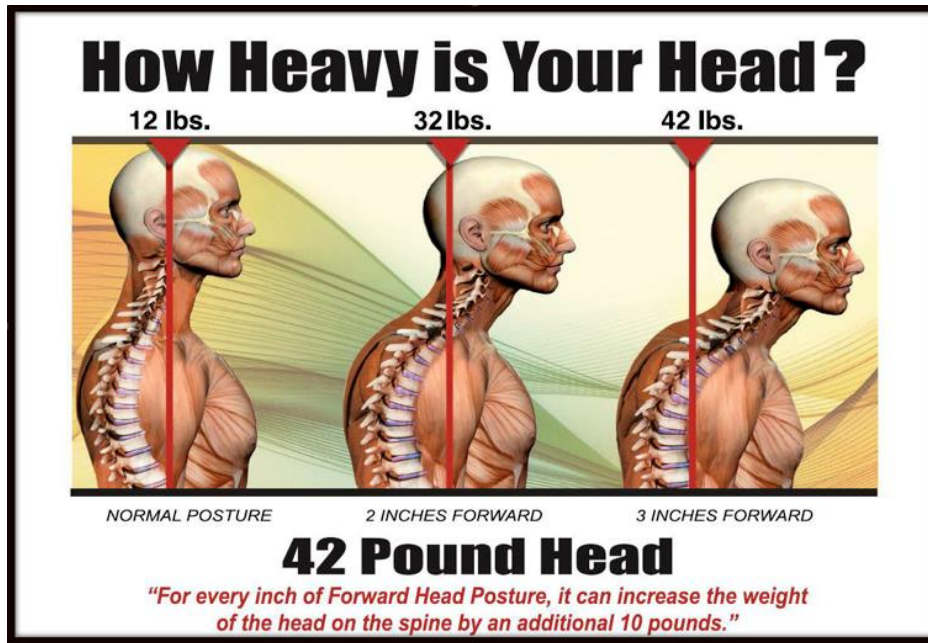
Then turn your head to the right (collar bone)

- As far as is comfortable up to 2/3 of the way to your shoulder (shoulder is 90 degrees neck rotation – maximum neck rotation is 60-70 degrees for this activity)
- Support the proper position of the neck by activating the muscles that hold the neck in place
- In your comfortable position
- Place your tongue on the roof of your mouth behind your teeth (tip on the ridge of the roof of your mouth)
 - Keep the mouth closed as you swallow
 - Places the tongue in the proper resting place
- With the head turned - Think of lengthening/increasing the space between where your head meets your neck
 - Your personal vision or cuing
- Inhale (nose 6 to 8 seconds)
- As you exhale (nose or pursed lips 8 to 10 seconds)
 - Slowly and gently lower your chin toward your right collar bone as if nodding yes
 - Go slowly taking then entire exhale to complete the motion
 - If your range of motion is limited comfortably go to your stopping point and wait until the end of your exhale
- Inhale and return to the start position
- Keep the head turned - Think of lengthening/increasing the space between where your head meets your neck
 - Elongate as if someone was pulling a string attached to the center of the top of your head
- Perform 3 to 5 total nods to the right collar bone
- Turn the head to the left (up to 60-70 degrees) and nod 3 to 5 times to the left collar bone

Return to center and evaluate how your head, jaw and neck feel. If you performed any of the pre-tests repeat them now. You may also want to test your eyesight.

Reminders for Throughout the Day

- Lengthen where the head meets the neck to keep the chin level
- Keep your chest up and relax your shoulders down (instead of lowering your chest, pushing the shoulders forward and looking up with the head/chin up – typical computer posture) 12 lb head instead of the 42 lb head



Temporalis Muscle

- Sits on the side of the head
- Part of the muscle group responsible for chewing (along with the medial pterygoid, lateral pterygoid and masseter muscles)
 - o Moves the jaw up and back
 - o <https://www.kenhub.com/en/library/anatomy/temporal-muscle>
- It is innervated by the mandibular branch which is a branch of the trigeminal nerve
 - o <https://www.kenhub.com/en/library/anatomy/the-mandibular-branch-of-the-trigeminal-nerve>
- The trigeminal nerve has three divisions and passes down along the side of the head at the temple down along the jaw to the pons. These divisions are the
 - o Ocular
 - o Maxillary
 - o Mandibular
 - o <https://www.kenhub.com/en/library/anatomy/the-trigeminal-nerve>

Occipitalfrontalis

- Runs from the forehead above the eyes (orbital) across the top of the head to the base of the head where it meets the neck (occiput). The nerves follow the same path from eyes to the base of the head in the back
- Controls facial expression at the eyes, eye brows and forehead and retracts the scalp
 - o <https://www.kenhub.com/en/library/anatomy/occipitofrontalis-muscle>
- It is innervated by facial nerve CN VII

Additional Information (Inspiration)

- <https://mskneurology.com/atlas-joint-instability-causes-consequences-solutions/>
- <https://mskneurology.com/neuropathy-tourettes-syndrome-cervical-dystonia-chronic-cough/>
- <https://mskneurology.com/postural-orthostatic-tachycardia-syndrome-pots-and-its-relation-to-craniovascular-dysfunction/>
- <https://mskneurology.com/vestibular-impairment-and-its-association-to-the-neck-and-tmj/>
- <https://mskneurology.com/association-tinnitus-neck-tmj/>
- <https://www.youtube.com/watch?v=zH7O-7sfHTY&t=154s>
- https://www.posturalrestoration.com/pri-resources/recent-emails-viewer?article_id=102899
- https://www.posturalrestoration.com/pri-resources/recent-emails-viewer?article_id=74978

- https://www.posturalrestoration.com/pri-resources/recent-emails-viewer?article_id=74824
- https://www.youtube.com/watch?v=ho0BJIXM_f4
- <https://www.posturalrestoration.com/pri-resources/mandibular-webinar>