



Name: _____ **Notes:** **SESSION SIXTEEN-Jaw Stabilization**

Techniques:	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Tube Chew Tongue on spot. Gently start with 30 seconds and work up to 2 minutes 3x/day							
Wafer Slide Use therabite wafer. Slowly slide lower jaw forward. Start with 10xs and work your way up to 30xs 3x/day							
Monkey Tongue under upper lip, hold. Count to 10. 10xs 3x/day							
Puff Puff out air into each quadrant (cheeks, upper lip, lower lip) Use hand if needed to shape pressure placement. Count to 5 on all four sides -5xs 3x/day							
Elastic Band to the Spot Freeway space. 30 minutes 1x/day							
Rules Regarding Habits: Hands away from your face.							
No Large Bites Example: Big sandwiches							
All exercises should be done relaxed with minimal to no pain. Exercises should not hurt. If in pain STOP doing that exercise.							

EMAIL COMPLETED SHEET TO: sheila@bsccos.com