

Preparatory Exercises

Jaw: Increasing Mobility

Starting Position: sitting, with your index finger on the chin to improve your perception of the movement.

Phase 1: open and close the jaw vertically.



Phase 2: create a crescent moon with the jaw.



Phase 3: protract and retract the jaw.



Phase 4: Imagine drawing a circle with the chin.

Contraindications: avoid in the case of dislocation and subluxation of the jaw.

Benefits: the mobility and equilibrium of the jaw and the structures to which it is connected has a beneficial influence on equilibrium, the diaphragm and the pelvis.