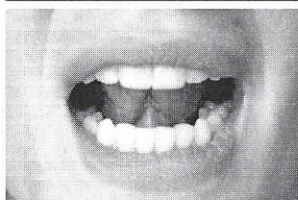


PERFORMING MIGRACISES™

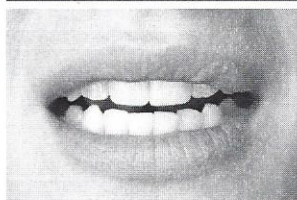
Migracises™ are a 3-step set of jaw exercises designed to help you avoid daytime clenching or setting of teeth that cause your jaw and temple muscles to overwork and become sore. Masseter or jaw muscle soreness can be a trigger for headaches and/or jaw pain.

STEP 1



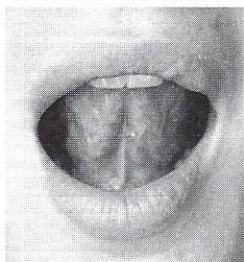
Position your tongue gently on the roof of your mouth just behind your front teeth. To find this position say the letter "N".

STEP 2



Holding your tongue in this position, rapidly open and close your jaw 10 times. Do not let your teeth touch when you close, and don't open your mouth more than one finger width.

STEP 3



Keeping your tongue in position, gently open your jaw as wide as comfortably possible. Make sure to keep contact between your tongue and the roof of your mouth while opening. Then slowly begin closing your jaws until your lips come together and STOP. This will be the resting place for your jaw, teeth and tongue throughout the day.

TONGUE UP • LIPS TOGETHER • TEETH APART

NOTE: You should perform 9 or more sets of Migracises throughout the day.

Performing this 3-step process many times throughout the day will retrain your muscles and brain to relax your jaw in a comfortable resting position, keeping your teeth apart when you are awake. Migracises have been shown to have a positive effect on reducing jaw pain and headache.

See the Migracises YouTube Channel



QUICKSPLINT