

Jaw Exercises

Speech and Language Therapy

Aintree Site

Lower Lane, L9 7AL Tel: 0151-525-5980

Royal Site

Prescot Street, L7 8XP

Broadgreen Site

Thomas Drive, L14 3LB

Royal & Broadgreen Tel: 0151-706-2000

What is a jaw exercise?

This exercise stretches the muscles that are involved in jaw (mouth) opening and closing. These muscles are used during swallowing and speaking.

Who will benefit from these exercises?

This exercise helps to maintain jaw (mouth) opening.

How does it help?

It helps to stretch the muscles in the jaw and face.

Instructions:

Open your mouth as wide as possible. You should feel a stretch in your jaw muscles.

It should not be painful.

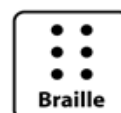
Hold this position for 5 seconds.



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| Number of repetitions | |
| Number of times a day | |

If I have any queries who do I ask?

Please contact the Speech and Language Therapy Department.



If you require a special edition of this leaflet

This leaflet is available in large print, Braille, on audio tape or disk and in other languages on request. Please contact:

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