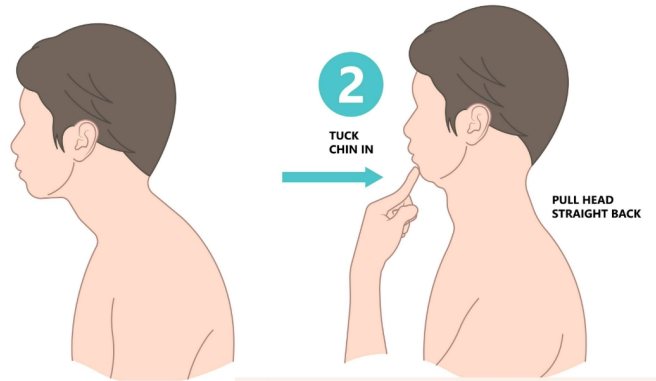
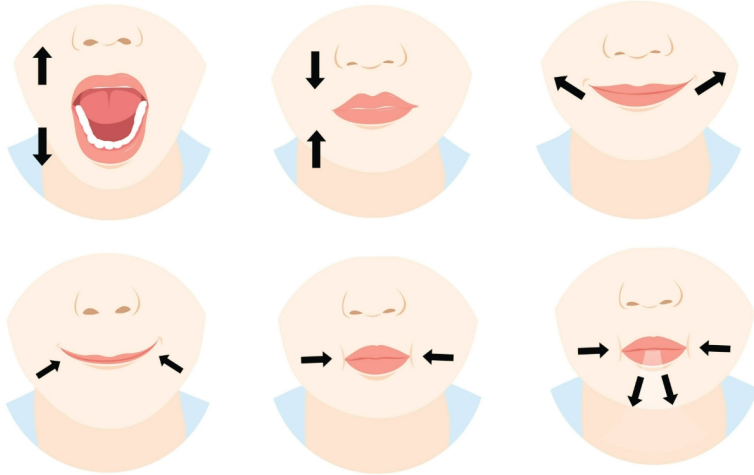




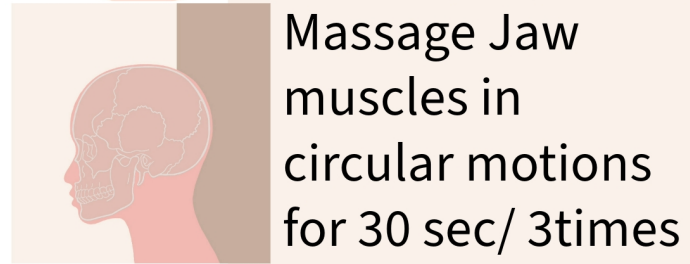
Mouth/ Jaw Opening Exercises



CHIN TUCK EXERCISE



- Open and close jaw
- Do active range of motion exercises
- Move jaw in all directions



Massage Jaw muscles in circular motions for 30 sec/ 3times



- Squeeze the key to place between teeth/ jaw
- Stretch slightly at a time
- Stop if sharp pain

7-7-7 method:

- Each day perform 7 sessions
- Stretch 7 times
- Each stretch- Hold 7sec/Rest for 7 sec

5-5-30 method:

-Stretch 5 times

- Each day perform 5 sessions

-Each stretch- hold 30sec /Rest 30sec

Dr. Kaushal Yadav

MBBS, MS- Surgery (PGIMS, Rohtak)
MCh-Surgical Oncology
(TMH Mumbai)



AROGYAM CARE CLINIC
G-21&22, Ocus Quantum
Sector 51, Gurgaon



+91 87505 87489/87505 87489



arogyamcare123@gmail.com



www.cancersurgery.online



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