



I'm not a robot

































For Day 19 of PT Month, we focus on Next i'm going to show you how to do a Jaw pain and tension in your jaw muscles or joint can go hand in hand with facial muscle tightness and even smiling can become a ... Here's a quick self massage for TMJ! So the first technique for the super hyoid area is a Are your jaw muscles tight and sore? Ellie, a remedial Find me here: Demonstration of a Simple Dr. Rowe shows the goldfish exercise, which may give Stretch your clenching muscles, strengthen muscles that oppose clenching and exercise your tongue as you help your Famous Physical Therapists Bob Schrupp and Brad Heineck present the absolute best Do you get headaches at your temples? Do you suffer from jaw pain, or perhaps grind your teeth and wake up with a tight jaw? It is estimated that 20-30% of the adult population will have Today's spotlight is on Mike Verplancke, the Grafton clinic manager and