

Jaw Opening Against Resistance

Aim

To strengthen the muscles below the jaw. These muscles help to move the larynx for airway closure and open up the food pipe.

Instructions

1. Make a fist with your dominant/strong hand.
2. Position your fist under the patient's chin.
3. Place the other hand behind the patient's head to prevent his/her head from tilting backwards.
4. Instruct the patient to open his/her mouth wide.
5. As the patient is opening his/her mouth, try to close their mouth by applying pressure upwards.
6. Ensure that the patient does not tilt his/her head backwards
7. Ensure patient keeps their mouth open.
8. Hold this position for _____ seconds.
9. Repeat this _____ times.
10. Do this _____ times a day.



Contributed by Speech Therapy, Rehabilitation, Allied Health Services

