

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

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