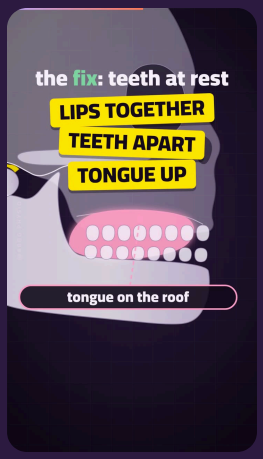
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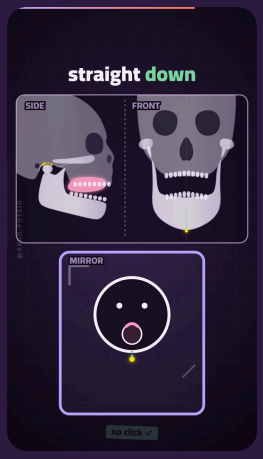
# The jaw reset: rest position + 6×6

For a clicky jaw that's started to ache. Two habits, under a minute a day.




## 1 Rest position, all day

- **Lips together**
- **Teeth apart**: a small gap between your back teeth
- **Tongue resting** on the roof of your mouth, just behind your top front teeth
- Rest it, **don't press it**. Pressing hard is just clenching with your tongue.
- Check in **mid-set, mid-game, mid-scroll, mid-stress**. A sticker on your phone or screen helps you remember.




## 2 Train the hinge

**6 SLOW REPS** **6× A DAY**

1. Face a mirror. Tongue on the roof of your mouth.
2. Open **slowly**, keeping your tongue in place. Stop where it would leave the roof.
3. **Watch your chin**: aim for straight down, no click. If it zigzags, go slower and smaller.
4. Close slowly. Repeat 6 times.
5. Tie it to things you already do: after meals, after brushing your teeth.

## ⚠ Get it checked if...

- your jaw **locks** or won't open fully
- it gets **stuck open** (same day)
- it **hurts to chew** or keeps getting worse
- it started after a **blow to the face**
- **swelling, fever, numbness** or a sudden change in your bite
- **over 50** with new headache, jaw pain when chewing or vision changes (same day)



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Educational content only. Not a substitute for an in-person assessment by a physiotherapist or doctor. Stop any exercise that causes sharp or worsening pain. Exercise for jaw pain and opening: Dickerson et al., Clin Rehabil, 2017.