

## The following are muscle releasing massages that we recommend



### Superficial Masseter Massage:

- Take your middle knuckles
- Place underneath cheekbones
- Run fingers with inward pressure all the way down to the angle of the mandible
- Use as much pressure as you can handle
- Repeat this as many times as you need



### Internal Masseter Massage:

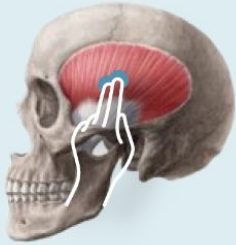
- You will need your pointer finger and your thumb
- Run your pointer finger inside your cheek until you hit bone
- Then use your thumb on the outside and give it a little pinch
- Sustaining that pinch slowly move forward
- Then you go back in and this time go a little lower, give it a little pinch and slowly move forward
- From cheekbone all the way down to the angle of the mandible
- Repeat this as many times as you need



### Posterior Temporalis Massage:

- You can use your mid knuckles, your fingers or a jade roller
- Start on each side where the muscle begins and move all the way up and back with pressure inwards
- Repeat this as many times as you need

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**Anterior Temporalis Massage:**

Use two fingers and apply pressure on each side right on your temples for 10 seconds



**Lateral Pterygoid Massage:**

- Open wide
- Take your pinky and place it inside your cheek on the opposite side
- so that your nail is facing the teeth
- Go as far back and up as you can
- Then close about halfway to increase access
- Apply pressure with your pinky
- You can change the angle of your pinky direction

