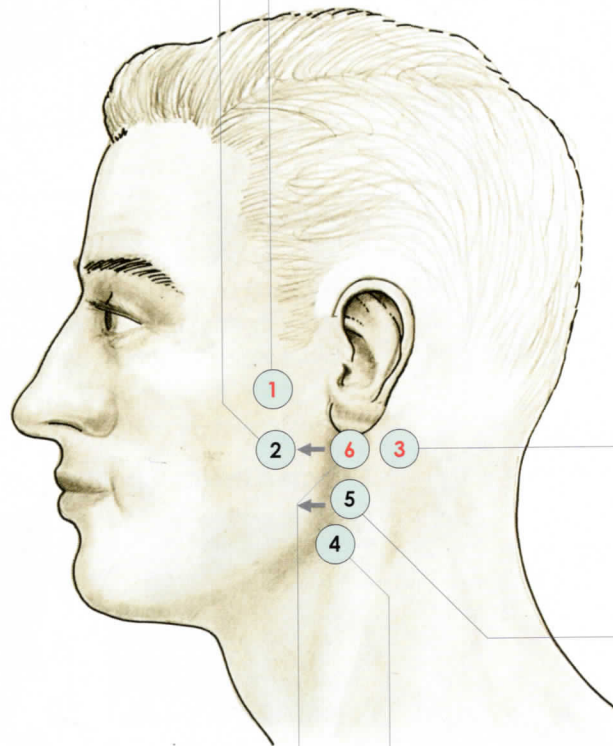


Routine - 6 FACE
 Jaw pain (TMJ)

Face-8
 1 finger directly below Face-9 • just below the earlobe level • 1 finger anterior to the posterior edge of the mandible • find a small stiff muscle (risorius)

Face-9 (ST-7)
 in a shallow depression below the cheek bone (zygomatic arch) • when the mouth is opened wide this depression disappears • 1 finger anterior to the ear • slide your fingertip from the nose below the cheek bone, stopping 1 finger before the ear • anterior to the condyloid process of the mandible • radiates to the teeth, mouth, nose, eyes and temples



Mastoid process (GB-12)
 posterior and inferior to the lower edge of the mastoid process • press the SCM

Face-6
 on the posterior edge of the mandible • above Face-5 • place your fingertip or thumbtip between the mandible and SCM and press the bone

Face-7 (TW-17)
 in the depression between the mandible and the SCM • just below the level of the mastoid process • press towards the mandible

Face-5
 at the posterior angle of the mandible or slightly above • slide your thumb or fingertip between the mandible and the SCM and pull the bone laterally (away from the client) as the client resists

Problem description:

- Pain is located at the area of the points, and may be accompanied by neck and shoulder pain
- Pain increases when chewing.
- There is a pronounced stiffness of the jaw muscles.
- This condition may be caused by prolonged opening of the mouth at the dentist, by using only one side when chewing, or by grinding the teeth at night due to stress.



Treatment steps

1. Acupressure points

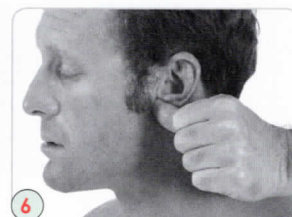
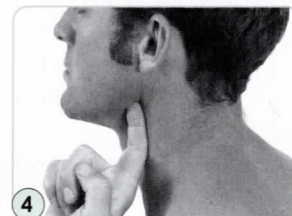
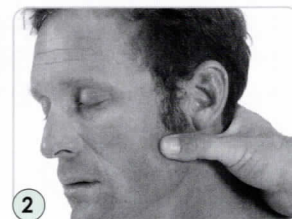
Thumb press points ① through ⑥. Work point ④ as follows: Place your index fingertip behind the mandible and use it as a hook to pull the bone (see photo). Repeat thumbing the points as long as improvement occurs, up to ten repetitions. Stop working if the points become sensitive. Use the amount of pressure which suits your client.



Precautions:

- Consult a specialist before treating an acute or a questionable jaw pain condition.
- Treat daily until recovery. In chronic non-acute conditions, treat twice a week.
- Do not repeat treatment until after the client stops feeling pain (if any) from the previous treatment.

Selected therapy points



Optional complementary procedures

2. Face massage

Following the treatment routine, you may give your client a full face massage.



3. Neck and shoulder treatment

Give your client a full general treatment of the neck, shoulders, upper back, and shoulder blades.

