

Restriction Release:

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Neck Jaw [NJ]

For: Neck pain and headaches

2X/day check both right and left sides. Treat worst points first.

Restriction Indicator (RI): Under ear jaw line pushing in between teeth directing pressure toward the front of the chin.



Movement Combination:

Open mouth a little bit; pull loose jaw away from the tender point.

Recheck RI in same direction with same amount of pressure. Find position of the knee that reduces the RI completely or as close to 0/10 as possible. Stay in this position for 90 seconds without moving. Maintain contact with tender point but stop pressing. Recheck RI every 30-45 seconds-if RI not released, try slightly different position and restart the clock for 90 more seconds. Slowly return to neutral and recheck RI.

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