

# Patient Handout

## Jaw Opening Exercise



The **Jaw Opening Exercise** is used to help increase the movement of food into the esophagus by helping the muscles of the upper esophagus relax and open.

### **Instructions:**

1. Hold the jaw in the maximally opened position for **10 seconds**.
2. Rest for 10 seconds.

3. Repeat \_\_\_\_\_ times.

4. Complete \_\_\_\_\_ sets a day