

Rocabado 6 by 6

Six Basic Exercises for Initial Postural Correction of the Jaw, Head & Neck

The purpose of the following six exercises is to teach jaw, neck and body postural awareness and correction. In so doing, the patient can restore more normal joint function and mobility, and can achieve a more comfortable and normal muscle position.

General Instructions:

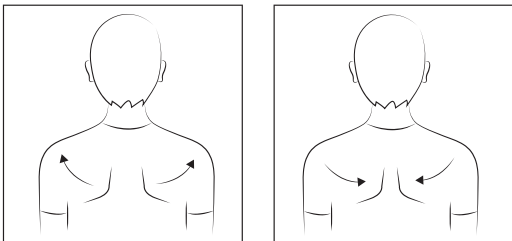
- Do only those exercises indicated by your therapist or doctor as written.
- Exercises can be done in any position and should not last more than one minute.
- Exercise six times daily, doing six repetitions of each one.
- Future exercises will be prescribed along with your ongoing active treatment.

1. Rest position of the tongue

- Make a "cluck" sound with your tongue
- Maintain this position. Place front 1/3 of tongue against palate with slight pressure. Do not allow tongue to touch any teeth.
- Breathe through your nose. Be aware of using your diaphragm for breathing vs. the muscles in the front of your neck.

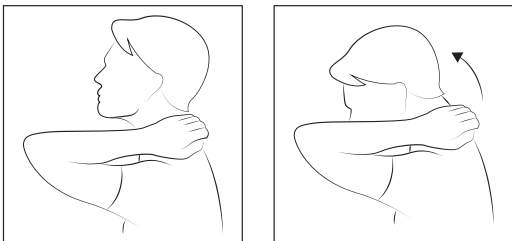
2. Shoulder posture

- At the same time pull your shoulder blades together and downward.



3. Stabilized head flexion

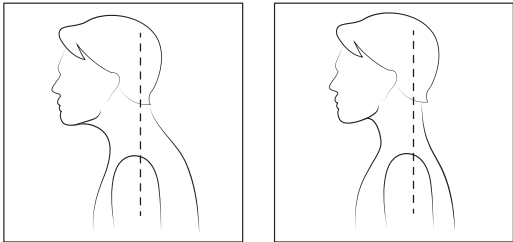
- Clasp hands firmly behind your neck to firmly stabilize neck.
- Keep your head straight, then nod your head forward.



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4. Axial extension of neck

- Do these three motions at once: gently nod your head, glide your neck backward and forward, and stretch your head upward.
- Think of your chin being comfortably closer to your neck.



5. Control TMJ rotation

- Hold tongue in correction position (exercise 1).
- Monitor TMJ's with your index finger over the TMJ's.
- Open and close your mouth, stopping if you feel the condyle ("ball") of the joint move forward against your fingers. Do not allow your tongue to leave your palate.
- Chewing in this shortened range is often helpful.



6. Rhythmic stabilization technique

- Tongue in correct position.
- Grasp your chin by placing your index fingers over your chin, and your thumbs under your chin.
- Apply gentle resistance sideways, first to right, then to left.
- Apply gentle resistance to opening and closing.
- Do not allow jaw to move, i.e. do not use excessive force.

