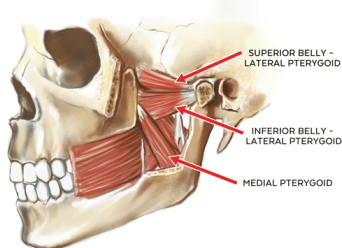


Wooden Spoon for Jaw Pain!

Users Guide

The pterygoid muscles are the major cause of jaw pain and TMJ Syndrome. You can release your own pterygoid muscles with a simple tool – the handle of a wooden spoon! Let's first look at the muscles that cause this pain.



Place a sanitary nitrile glove on the handle of the wooden spoon.



Put the handle in the soft tissue on the outside of the upper teeth and you will hit the pterygoids.

Poke around to find the most painful area and then just hold that space and breath into that intensity until it softens.

Move the handle of the spoon to another area that is painful and repeat the process.

Keep going as long as you can and repeat every other night until the jaw pain has subsided.