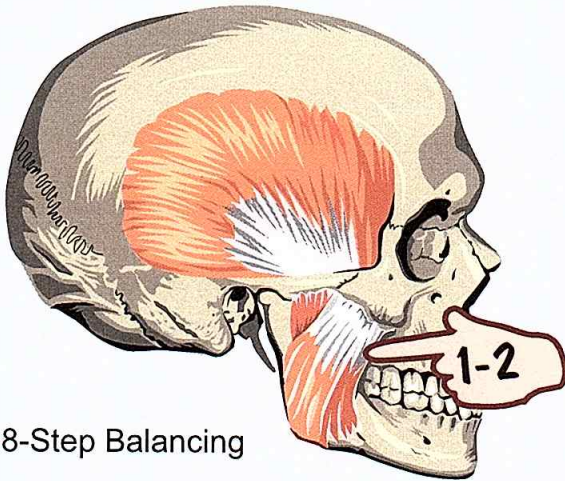


(Personal TCR) 8-Step Technique



8-Step Balancing

1-2) Bilaterally Release zygomae, buccinators, & masseters (until softened, less tight or stringy).

3-4) Bilaterally release maxillae and (indirectly) palatines.

5) Release the premaxilla while avoiding contact of the finger with the teeth.

6-7) Guide mandible through its complete lateral range of motion by opening wide, then guiding the mandible to far Right / Left outer envelope of motion as you close, releasing the TMJoints.

8) Gently jiggle mandible from chin to relax into new rest position. You may want to have something soft, not too thick, but supportive (AquaLizer, strips of surgical tubing, sponge, folded wet terry-towel, or similar) to gently rest on after the release and between re-checking.

Re-check Two-Finger Test — If unbalanced, the strain may be originating from your neck or further down (pelvis, etc.).

Re-treat through all or part of the 8-steps until balanced and relaxed motion.

Check dental occlusion (bite), first while evenly seated, second while standing. If it has changed, try to note where you touch first. You may also consider safely exerting yourself to lift an object, then re-test as another way to determine if the strain originates from the head or body.

Be sure to re-check and 'release' back to balance if your bite has shifted during these tests.

