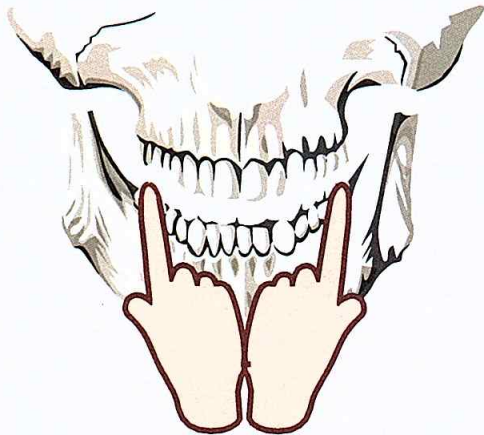


Personal TMJ / Craniofacial Release

First, the 'gnathic grip' or soft bite is assessed with the 2-finger or 2-pinkie test. This is a test of the active state of the jaw muscles and joints (posturing) function, and is done on awakening, before bed, and various times during the day.

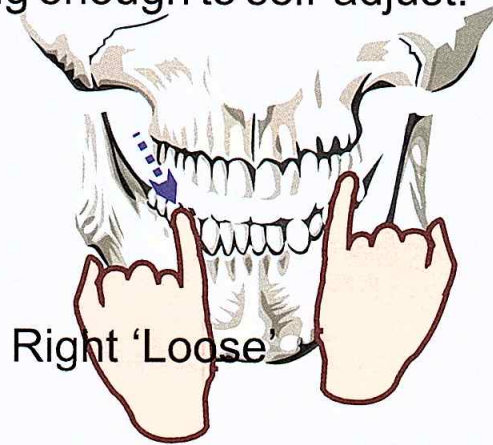
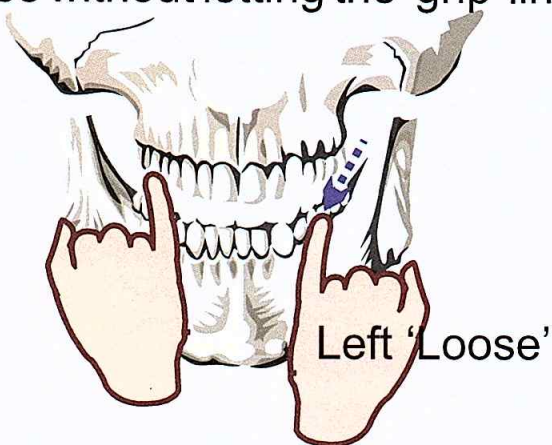


2-Finger Test



2-Pinkie Test

The forefingers (longer, best for checking another person) or pinkies (thinner, less-intrusive, and easier to align over the teeth) are placed over the lower posterior (back) teeth biting surfaces, and the jaws are closed enough to lightly 'grip' the fingers. Right then, try to withdraw the fingers while still lightly gripping. Repeat this a few times without letting the 'grip' linger long enough to self-adjust.



One finger will typically not be as tight as the other, and will repeatedly withdraw easier. Record this as the loose side, noting if it is a little or much looser than the other (ie. R-loose++). It is possible that the jaws could be balanced, but if you are uncertain about the test, take a few good, strong swallows, and repeat it.