

## *(Personal TCR) Deep Mid-Facial Technique*

This deep release requires a better palpatory skill to recognize the direction and level of the releasing force or 'intention' that is appropriate for the patient at the time.

Initially, the pinkie moves behind the zygoma of the tighter side and osteopathically releases maxilla, zygomatico-temporal suture, temporalis tendon, and/or pterygo-maxillary suture as determined by active palpation. The middle finger can be placed above/on the zygomatic arch to help direct the release, or facilitate the midface decompression.

At the same time, the other hand is used to 'lift' or decompress the frontal bone from its articulation with the midface, facilitating and directing the release.

After the release, the pinkie is gently brought out along the vestibule, releasing residual buccinator, fascial strain. The mandible is checked for motion and 'grip' (2-finger test). Gently tap the teeth together to check for changes in the bite.

