

JAW STABILIZATION

(INTENSIVE PHASE)



TECHNIQUES	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
TUBE CHEW GENTLY START WITH 30 SECONDS AND WORK UP TO 2-MINUTES, 3X A DAY							
WAFER SLIDE 30X, 3X A DAY (USE HORSESHOE PIECE)							
MONKEY TONGUE UNDER UPPER LIP, HOLD. COUNT TO 10, 10X 3 X A DAY							
PUFF PUFF OUT AIR INTO (CHEEKS, UPPER LIP, LOWER LIP) USE HAND IF NEEDED TO SHAPE PRESSURE PLACEMENT. COUNT TO 5 ON ALL FOUR SIDES 5X 3X A DAY							
RUBBER BAND TO THE SPOT 30 MINUTES 1X A DAY FREEWAY SPACE							
NO LARGE BITES ALL DAY, EVERY DAY							
RULES REGARDING HABITS HANDS AWAY FROM YOUR FACE							