

SESSION NINE

(GENERALIZATION PHASE)



TECHNIQUES	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
SHOULDER ROLL SHOULDERS UP AND BACK TONGUE UP AND LIPS CLOSED. 15X 3X/DAY							
NECK ROCKS HANDS BEHIND HEAD, TIP HEAD BACK, SLOWLY ROLL CHIN DOWN TO CHEST. TONGUE UP AND LIPS CLOSED. 15X 3X/DAY							
EGYPTIAN SWING PIGEON WALK TONGUE UP AND LIPS CLOSED 15X 3X/DAY							
JAW ROTATION (CONTRAINDICATED IF SLIPPED DISK IS PRESENT.) TONGUE ON SPOT JAW FORWARD, DOWN AND THEN BACK 15X 3X/DAY							
CHIN PUSH 5 SECONDS EACH PLACE. LEFT SIDE, RIGHT SIDE, UNDER CHIN AND OVER CHIN. 5X EACH SIDE 3XDAY							
CAVES HOLD 10 SECONDS THEN POP. 15X 3X/DAY							
GIDDY-UP SLURP & SWALLOW BITE , CLICK-CLICK 10X AND REPEAT. 10X 3X/DAY							
REMINDER SPOT (LIPS CLOSED) 30 MINUTES ONCE/DAY							