



# How To Stretch The Masseter Muscles- Trigger Point Therapy

Dr. Alex Jimenez D.C.





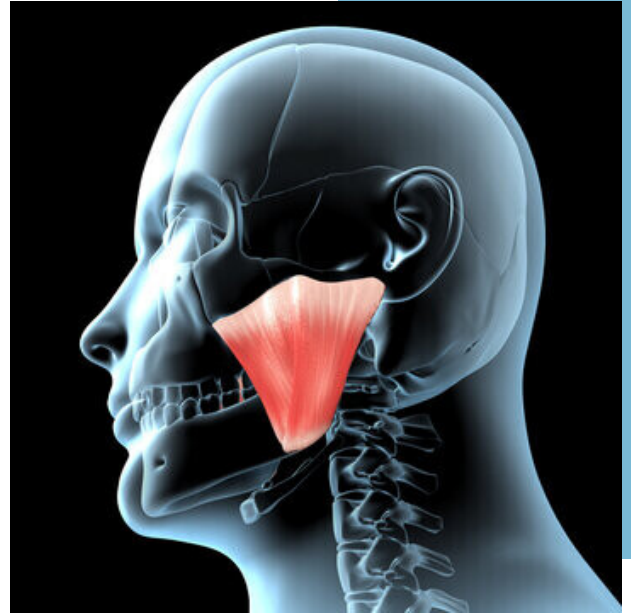
# Table Of Contents

|                                     |   |
|-------------------------------------|---|
| What Is The Masseter Muscle?        | 2 |
| <hr/>                               |   |
| How To Stretch The Masseter Muscles | 3 |
| <hr/>                               |   |

## What Is The Masseter Muscle?

Have you been experiencing headaches located near your temples? Does your jaw feel sore throughout the entire day? Or have tooth pain or ear pain seems to bother you constantly? Some of these symptoms may affect your jaw joints, especially in the masseter muscles. The masseter muscles are powerful quadrangular muscles on each side of the jaw with three divisions: superficial, intermediate, and deep. The masseter muscles are also part of the mastication muscles in the jaw which include:

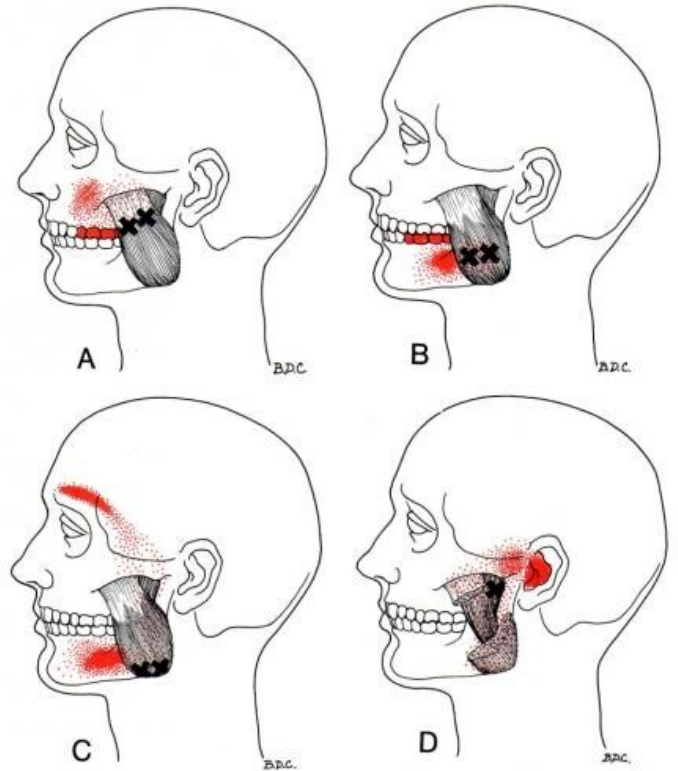
- Temporalis
- Medial Pterygoid
- Lateral Pterygoid
- Masseter Muscles



The masseter muscles also help the jaw function properly, as studies reveal that this quadrangular muscle participates in various activities like mastication (chewing), swallowing, and talking. To that point, the masseter muscles have a relationship with the trigeminal nerve, which provides sensory-motor stimulation for the jaw to move. However, when factors (traumatic or ordinary) begin to affect the masseter muscles and the surrounding muscles associated with the neck and head, pain can either slowly or quickly depending on the severity the muscles have endured.

## How To Stretch The Masseter Muscles

Now that you've inactivated the triggers, you need to stretch the muscle to length. And the way you do this is you hook your fingers, open your mouth, and put your fingers right over there in your mouth. That's lovely. And then you let the weight of your arm drop down and gently put your head back and allow your mouth to open wider. That's good. And you put your head right back. So you've got yourself balanced. That's nice. So now you can see that the backward movement and the weight of your head are the counterbalances, and your arm is now pulling your jaw wide open. Now in this position, you take a deep breath in and hold your breath for the count of six, and then breathe out. You wait two or three seconds and allow the jaw and the masseter to relax.



And you stretch it to its limit. You do this neuromuscular process twice. There's one other little hint that you can use to stretch this muscle if you remember that the superficial runs forward. And so if you open your mouth, you put your hand in. If you, at this point, relax and gently push your jaw forward. And then put your head back and open your mouth. Now in that position, you get a bigger stretch of the masseter muscles, with a little forward pull in the beginning. Thank you very much.



## Disclaimer

Blog Information & Scope Discussions Our information scope is limited to Chiropractic, musculoskeletal, physical medicines, wellness, contributing etiological viscerosomatic disturbances within clinical presentations, associated somatovisceral reflex clinical dynamics, subluxation complexes, sensitive health issues, and/or functional medicine articles, topics, and discussions. We provide and present clinical collaboration with specialists from a wide array of disciplines. Each specialist is governed by their professional scope of practice and their jurisdiction of licensure. We use functional health & wellness protocols to treat and support care for the injuries or disorders of the musculoskeletal system. Our videos, posts, topics, subjects, and insights cover clinical matters, issues, and topics that relate to and support, directly or indirectly, our clinical scope of practice.\* Our office has made a reasonable attempt to provide supportive citations and has identified the relevant research study or studies supporting our posts. We provide copies of supporting research studies available to regulatory boards and the public upon request.

We provide copies of supporting research studies available to regulatory boards and the public upon request. We understand that we cover matters that require an additional explanation of how it may assist in a particular care plan or treatment protocol; therefore, to further discuss the subject matter above, please feel free to ask Dr. Alex Jimenez DC or contact us at 915-850- 0900. We are here to help you and your family. Blessings Dr. Alex Jimenez DC, MSACP, CCST, IFMCP\*, CIFM\*, ATN\* email: coach@elpasofunctionalmedicine.com Licensed in: Texas & New Mexico\* Dr. Alex Jimenez DC, MSACP, CIFM\*, IFMCP\*, ATN\*, CCST My Digital Business Card