



# How To Stretch The Masseter Muscles- Trigger Point Therapy

Dr. Alex Jimenez D.C.





# Table Of Contents

What Is The Masseter Muscle? 2

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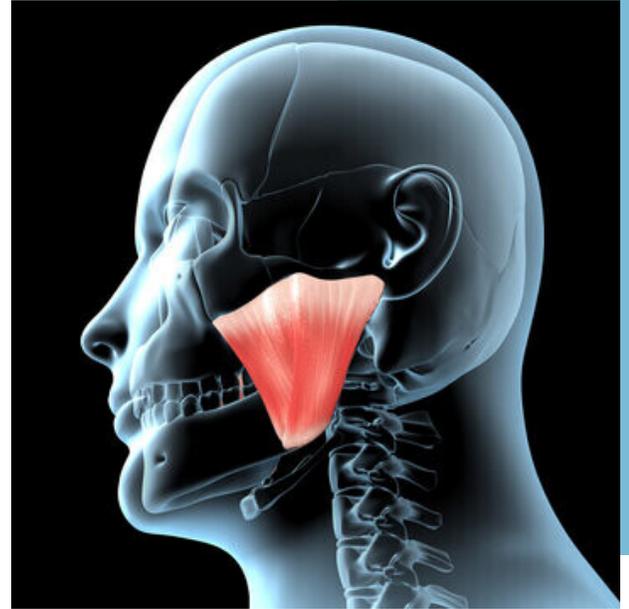
How To Stretch The Masseter Muscles 3

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## 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:

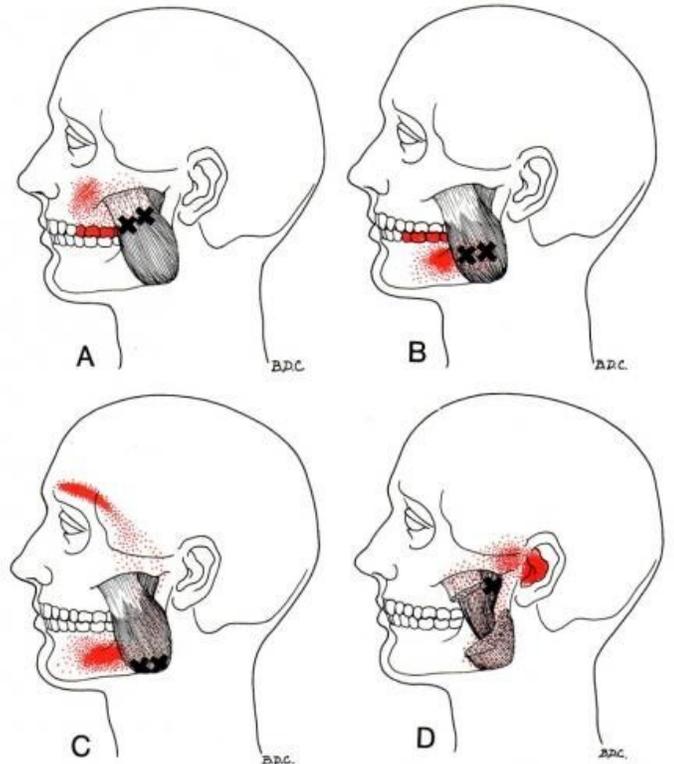
- Temporalis
- Medial Pterygoid
- Lateral Pterygoid
- Masseter Muscles



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.



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