



## Upright Alternating Shift and Lateral Mandibular Translation

Stand wearing shoes that have arch support ‘sense’.

Place feet hip width apart and toes straight ahead.

Place a hyperboloid or a cork stopper between the top and bottom front teeth. Move the lower jaw slightly forward so the hyperboloid/cork is positioned horizontal to the floor.



Move the lower jaw to the left (may feel easy to do so) and the hips to the left (may feel challenging). Overtime, it will be easier for this to occur simultaneously.

Stay here for 10 seconds and sense the ground or floor under the left foot.



Then move the lower jaw over to the right as you keep the hyperboloid/cork horizontal to the floor (may feel challenging) and the hips to the right (may feel less challenging). Over time, it will be easier for this to occur simultaneously.

Stay here for 10 seconds and sense the ground or floor under the right foot.

Repeat this alternating process 1-2 more times.

