



Mandibular Movement Recommendations
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1. Move your mandible to the right as you shift your body weight over on to the right foot. Repeat going to the left with your mandible as you transfer your body weight to the left, over and on to the left foot and floor.
2. While sitting, move your mandible to the right as you shift your body weight to the left onto the left ischial seat or sit bone. Repeat going to the left with your mandible as you transfer your body weight to the right, over and onto the right ischial seat or sit bone.
3. While standing on your feet, periodically move your mandible to one direction as you 'sense' yourself moving toward the same direction, through the use of the floor or ground.
4. While standing on your feet that are placed directly under your hips, periodically move your mandible to the opposite direction you are slightly turning your head or eyes to. Sense the weight of your body shift over to the side your mandible is going toward without letting up on the orientation of your eyes or head. Simultaneously push your mid foot arch down toward the floor, on the side your mandible is moving toward. Repeat on the other side.
5. Get out of a chair by moving your mandible to the right, as push down and raise your body primarily with the left leg and foot. Your head and neck may 'follow' the direction of your mandible as you keep more weight going through the left foot. After standing a few seconds, feeling and sensing your mandible going to the right and more weight on the left side of you lower body, sit back down with the mandible, and possibly the head and neck, staying to the right, as you lower yourself onto the chair, primarily with the left leg and foot. Repeat by going to the other side and by reversing these directions.
6. Get out of a chair by moving your head and upper neck to the left, as you push down and raise your body primarily with the left leg and foot, as your mandible is directed to the right. Your head and neck should not follow the direction of your mandible, as you keep more weight going through the left foot. After standing a few seconds, feeling and sensing your mandible going to the right, as your head and your upper neck are going to the left, and as you keep more weight on the left foot, sit back down with the mandible staying to the right and the head and upper neck staying to the left. Lower yourself onto the chair, primarily with the left leg and foot. Repeat by going to the other side and by reversing these directions.