

### Active Left Lateral Pterygoid in Protrusion

- Facilitates left sphenoid external rotation (L TMCC pattern).
- Promotes alternating molar masticatory activity.
- Promotes closure of open canted right mandible through initiation of right posterior molar masticatory work vs right bicuspid masticatory work.
- Shifts vestibular orientation and proprioception of the occlusal and podal floor to the left through working function from the left posterior teeth and non-working guidance from the right canines.
- Isolates mandibular movement to right from sphenoid and occiput orientation to the left.

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### Active Left Lateral Pterygoid in Protrusion

1. Lie on your back with support under neck and legs.
2. Spread your tongue out on the roof of your mouth, keeping your teeth slightly apart.
3. Place your right index and middle finger on the lateral side of your right chin.
4. Protrude jaw forward and attempt to move your mandible or jaw to the right as you touch your fingers.
5. Perform an isometric contraction by holding this mandibular position against your fingers for 5 to 10 seconds, while breathing in and out through your nose.
6. Relax and repeat 4 times.

*\*This technique assists in rotating the sphenoid to the left, through mandibular movement.*

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