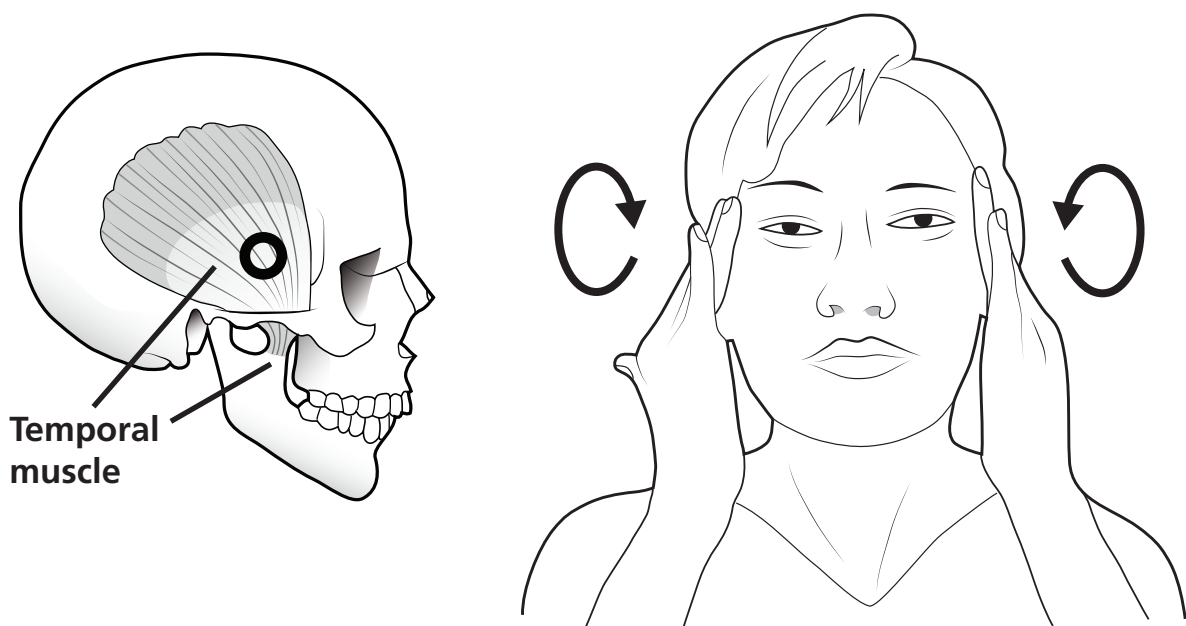


Temporalis massage



Information for patients Charles Clifford Dental Hospital

How can I promote muscle relaxation and help reduce my facial pain?



Gentle kneading massage

- **Gently** massage your jaw muscles in a **slow circular motion** for **5 minutes** using your fingers.
- As you become more confident, gradually increase the depth of massage.

Perform this massage technique **3 times daily** (possibly after each meal).



Produced with support from Sheffield Hospitals Charity – working together we can help local patients feel even better

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