

-Masseter-

-Internal TMJ-

-NMT routines-

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Steps

Position> Client is supine. The therapist is standing on the same side as the muscle being treated.

- Thin surgical gloves are always worn when examining or treating the oral cavity. Handle the used gloves with full attention and caution when removing by wrapping them before disposal. Never touch the saliva or the used gloves.
- Be sure the jaw is not clenched, but relaxed during treatment.
- Secure the surface of the jaw and cheeks with the palm of the upper hand and position the index finger of the lower hand inside the mouth and just inferior to the zygomatic arch with the pad of the finger directed toward the outside. The client's mouth can be relaxed and closed with the teeth slightly apart.



- 1) With the index finger of the lower hand, **glide inferiorly** from the lower border of the zygomatic arch to the ramus of the mandible, while compressing the masseter and buccinator muscle against the outside hand. *Repeat 4-6 times.* Continue in segments until the entire masseter is treated.

- This treats the internal superficial belly of the masseter.



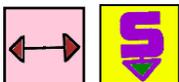
- 2) **Palpate** the deep portion of the masseter. With the index finger still in place, ask the client to clench their teeth. Once you have felt the deep masseter, ask the client to relax for the remainder of the treatment.

- The client may need to shift the mandible toward the side being treated to allow more space to treat a tight masseter.



- 3) With the index finger pressing through the masseter into the supporting pressure from the other hand on the cheek, apply **static pressure**.

- The thumb and finger of the same hand may also be used effectively when treating across the table with the thumb inside the opposite cheek, pressing into the supporting fingers of the same hand.
- This treats the internal deep section of the masseter.



- 4) By twisting and twirling the index finger apply **medial-lateral friction** along the inferior and anterior surface of the zygomatic arch. Apply **static pressure** to the same area in finger width intervals. *Repeat gently if necessary.*

- This treats the origin of the masseter.

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Summary

Position> Client is supine. The therapist is standing on the same side as the muscle being treated.



- use surgical gloves and dispose of them properly.
- Support the jaw and cheek while contacting the zygomatic arch and encouraging the client to relax>



- 1) internal superficial belly of the masseter 4-6x



- 2) client clenches teeth to contract the deep belly of the masseter



- 3) deep masseter



- 4) origin of the masseter