

HOW TO EVALUATE JAW STABILITY

These exercises are presented in chronology. Follow the chart from left to right beginning with Bite Block #2 and the exercise entitled, **A. Bite Block Exercise**. If the client achieves the Criteria for Success, progress to **B. Twin Bite Block Exercise** using Bite Block #2. If the client achieves Criteria for Success, progress to **C. Bite Block for Jaw Stability Exercise** using Bite Block #2. If the client achieves the Criteria for Success in this exercise repeat the same sequence of exercises using Bite Blocks #3 through #7 as listed in the chart below. Exercise **D. Jaw Exerciser** will only be used if the client achieves the Criteria for Success for all exercises involving Bite Blocks #2 through #7.

Note:

As soon as the client fails to reach the Criteria for Success for any of the exercises listed below, you have completed your jaw diagnostic workup. Therapy will begin at this level.

Tool	A. Bite Block Exercise	B. Twin Bite Block Exercise	C. Bite Block for Jaw Stability Exercise
Bite Block #2	___ 15 sec. R ___ 15 sec. L (1x)	___ 15 sec. R – 15 sec. L (1x)	___ 15 sec. (1x)
Bite Block #3	___ 15 sec. R ___ 15 sec. L (1x)	___ 15 sec. R – 15 sec. L (1x)	___ 15 sec. (1x)
Bite Block #4	___ 15 sec. R ___ 15 sec. L (1x)	___ 15 sec. R – 15 sec. L (1x)	___ 15 sec. (1x)
Bite Block #5	___ 15 sec. R ___ 15 sec. L (1x)	___ 15 sec. R – 15 sec. L (1x)	___ 15 sec. (1x)
Bite Block #6	___ 15 sec. R ___ 15 sec. L (1x)	___ 15 sec. R – 15 sec. L (1x)	___ 15 sec. (1x)
Bite Block #7	___ 15 sec. R ___ 15 sec. L (1x)	___ 15 sec. R – 15 sec. L (1x)	___ 15 sec. (1x)

D. Jaw Exerciser

Jaw Exerciser #1	___ Position #1, 15 seconds (1x)	___ Position #2, 15 seconds (1x)	___ Position #3, 15 seconds (1x)
Jaw Exerciser #2	___ Position #1, 15 seconds (1x)	___ Position #2, 15 seconds (1x)	___ Position #3, 15 seconds (1x)

Criteria for Success: Completes all of the above

Diagnosis: Symmetrical Jaw Stability

Treatment: No jaw exercises are needed

SCENARIOS THAT WILL REQUIRE JAW EXERCISE THERAPY

Tool: Bite Block #2 Criteria for Success (C for S): 15 seconds per side, 1 x

	Right	Left	Diagnosis	Therapy Technique Bite Block #2	Slow Feed	Gum Chewing
A	7 sec.	7 sec.	Symmetrical Jaw Weakness	1 unit = 1x Right -- 1x Left (7 sec. R, 7 sec. L), 10x C for S: 15 sec. per side, 1x Progress to: Twin Bite Block Exercise with Bite Block #2	1 unit = 1x Right – 1x Left Narrow/crunchy or easy to chew C for S: 10x per day until C for S for Bite Block #2 exercise is met	1 unit = 1x Right – 1x Left ½ piece (1 min. R, 1 min. L) 1x C for S: 15 min. per side per day or until C for S for Bite Block #2 exercise is met
B	8 sec.	3 sec.	Asymmetrical Jaw Weakness <i>Both sides are weak but one side is weaker</i>	1 unit = 1x Right -- 2x Left (3 sec. L, 8 sec. R, 3sec. L), 10x Re-evaluate and begin there (i.e., 5-L, 10-R, 5-L) C for S: 15 sec. per side, 1x Progress to: Twin Bite Block Exercise with Bite Block #2	1 unit = 1x Right – 2x Left Narrow/crunchy or easy to chew C for S: 10x per day or until C for S for Bite Block #2 exercise is met	1 unit = 1x Right – 2x Left ½ piece (1 min. L, 1 min. R, 1 min.L) C for S: 15 min. per side per day or until C for S for Bite Block #2 exercise is met
C	4 sec.	15 sec.	Asymmetrical Jaw Weakness <i>Only one side is weak</i>	1 unit = 1x Right -- 0x Left (4 sec. R) 10x C for S: 15 sec. per side, 1x Progress to: Twin Bite Block Exercise with Bite Block #2	1 unit = 1x Right – 0x Left Narrow/crunchy or easy to chew C for S: 10x per day or until C for S for Bite Block #2 exercise is met	1 unit = 1x Right – 0x Left ½ piece (1 min. R,) 1x C for S: 15 min. per side per day or until C for S for Bite Block #2 exercise is met

ORGANIZING A JAW EXERCISE PROGRAM

Bite Block	Gum Chewing*		Practice time															
	Slow Feed	Size	Right	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Bite Block #2	Same height as Bite Block #2 Increase in texture as skills improve	½ piece	Right	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Bite Block #3	Same height as Bite Block #3 Increase in texture as skills improve	¾ piece	Right	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Bite Block #4	Same height as Bite Block #4 Increase in texture as skills improve	1 piece	Right	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Bite Block #5	Same height as Bite Block #5 Increase in texture as skills improve	1 ¼ piece	Right	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Bite Block #6	Same height as Bite Block #6 Increase in texture as skills improve	1 ½ piece	Right	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Bite Block #7	Same height as Bite Block #7 Increase in texture as skills improve	2 pieces	Right	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15

* The chart above is based upon Bazooka Bubble Gum as the targeted gum size. Any gum can be used for this exercise. The size, however, must remain consistent with the target example.