



CHIROPRACTIX
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FRENECTOMY HOME CARE



Lip Stretch-

Pinch lip, pull up and out. Repeating 5 times



Jaw Pinch & Rub-

Pinch at back of cheeks and rub for 15 seconds



Tongue Stretch

Place two fingers under tongue and lift. Hold for 5 seconds.



Chin Massage-

Massaging under chin by pushing upwards towards the head for 15 seconds.