



Dr. / Physiotherapist / Other:

Site of Pain

Jaw muscle (nr:)	
• massage
• exercise/stretching
• occlusal appliance
TMJ / articular disc	
• cold application
• manipulation / mobilisation
• occlusal appliance
Neck muscle (nr:)	
• massage
• muscle stretching
• spinal manipulation / mobilisation

Model of Craniomandibular and Vertebral Biomechanics®

1 Temporal muscle	9 Sternohyoid muscle	Remarks :
2 Lateral pterygoid muscle (sup.)	10 Sternocleidomastoid muscle	
3 Articular disc	11 Longus colli muscle	
4 Bilaminar zone (sup. stratum)	12 Minor rectus capitis post. muscle	
5 Masseter muscle	13 Semispinalis capitis muscle	
6 Anterior digastric muscle	14 Longissimus capitis muscle	
7 Posterior digastric muscle	15 Interspinalis cervicis muscle	
8 Hyoid bone		