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Managing TMJ & Jaw Pain Naturally

A Free Guide to
Releasing Tension and
Restoring Function

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**Thank you for
respecting the
hard work for the
author**

Medical Disclaimer

Consult with a clinician in your care

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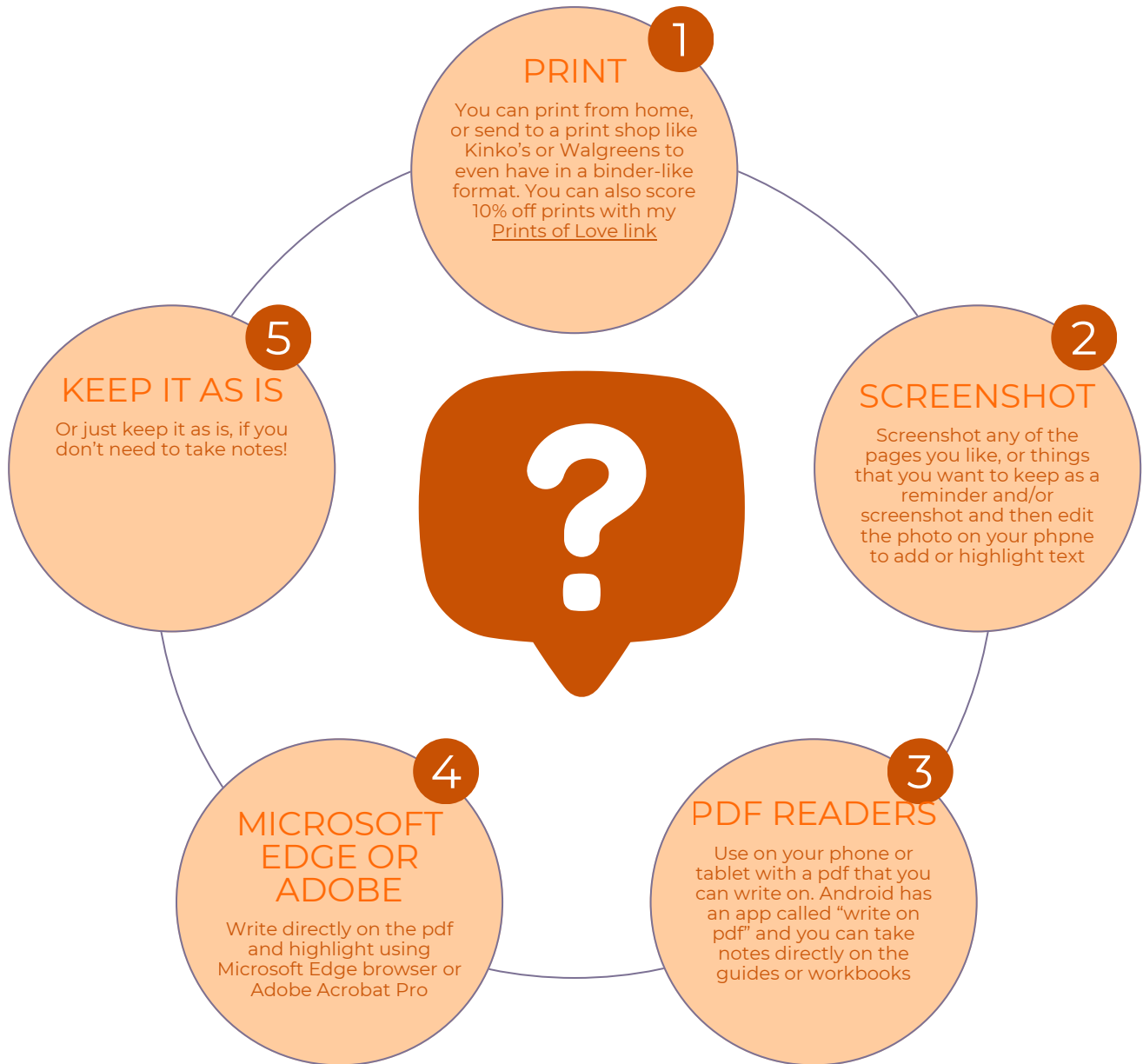
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Ways You Can Use This Guide: Here are Some Suggested Uses

If you like to take personal notes or be an active reader, there are ways you can still use this pdf guide to do that.



01

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Introduction

Why TMJ and Jaw Pain Are So Common



Welcome to Managing Jaw Pain Naturally

Jaw pain is one of the most overlooked yet widespread issues affecting people today. From stress-related clenching and grinding to poor posture and breathing patterns, the jaw often becomes a “dumping ground” for tension. Long days at the computer, shallow breathing, and even emotional stress can overload the temporomandibular joint (TMJ), leading to pain in the jaw, face, ears, or neck — and even headaches or dizziness.

While pain medications, mouthguards, and quick fixes may offer short-term relief, they rarely address the underlying cause. True, lasting change requires retraining your nervous system, improving alignment, and restoring natural balance in your cranial and facial structures.

This guide is your starting point to do exactly that — to release, retrain, and restore. You’ll learn simple exercises, natural tools, and holistic strategies to ease tension and help your jaw function as it was designed to.

Releaseology



The study of releasing pain, stress & dysfunction

About the Author

Hi! I'm Sara Becker, DPT (doctorate of physical therapy), Certified Health Coach, Nutritional Therapist, Vagus Nerve Guru and Movement Specialist. I pride myself on the nontraditional approach to healthcare as **I believe the body and brain are capable of so much more healing than traditional medicine has given it credit for.**

My approach focuses on the brain and nervous system which has helped me treat diagnoses and symptoms that I was taught not possible. **I look at your eyes, jaw, neck mobility, vagus nerve, cranial nerves and so much more** to assess truly where your jaw pain is coming from - it is not uncommon for me to find the jaw overworking for many back muscles.



Read more about me and my approach at the end of the guide

Let's Release Your Body's Own Healing Potential

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Exercises For TMJ & Jaw Relief

Gentle movements for support

Exercises to Try

Your jaw is connected to your neck, diaphragm, eyes, and even your tongue — meaning small dysfunctions can ripple through your entire body. These gentle exercises help reintroduce coordination and calm to your TMJ and surrounding muscles.



Tongue-to-Palate Breathing

Place your tongue lightly on the roof of your mouth, just behind your front teeth. Keep your lips closed but relaxed. Breathe deeply through your nose for 1–2 minutes. This helps your jaw rest in a neutral position and encourages nasal breathing — a huge reset for your vagus nerve.



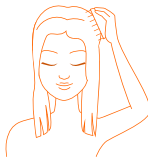
Controlled Jaw Opening

Using a mirror, open and close your mouth slowly, focusing on symmetry. If your jaw deviates to one side, stop before the deviation and gently return to center. Repeat 10 times.



Suboccipital + Jaw Combo Release

Lie on your back with a foam roller or two tennis balls under your skull (not your neck). Slowly nod “yes” and “no.” Then gently drop your jaw open and exhale.



Ear Pulls and Scalp Massage

Gently pull your ears outward and slightly back while breathing deeply. Follow with small circular motions at your temples and jawline to relax fascial tension.



Humming & Vagus Nerve Reset

Hum lightly with your lips closed. Feel the vibration in your face, throat, and chest. This activates the vagus nerve and helps downregulate jaw tension.

Why Releaseology’s Approach is Different

Remember: everyone’s jaw mechanics are different — a one-on-one session ensures you’re doing the right movements for your pattern.

When I assess your jaw there are many things to look at: tongue, face, scalp, eyes, neck tension, nervous system and my assessments make sure I’m tailoring the activities and exercises to what your body likes. My work is about retraining your system, restoring balance, and helping your body support healing at its core. **Releaseology assesses all of these things often in the first 1-2 visits.** Scroll to the end for more info or book an **in-person or virtual session** with me at www.releaseology.com/booknow

Hidden Contributors to TMJ & Jaw

Jaw pain is rarely just about the jaw itself. Your TMJ is part of a larger, interconnected system — and when other areas of the body aren't functioning well, the jaw often compensates. These compensations create layers of tension that can lead to clicking, pain, or stiffness around the face, neck, or even ears. Below are some of the most overlooked contributors to TMJ dysfunction and how they affect your overall alignment and comfort.

Eyes

When your eyes don't move efficiently or are under strain from screens, your head and neck adapt to keep vision stable. This constant micro-compensation increases tension through the jaw, temples, and base of the skull. Over time, this can cause facial tightness, headaches, and even asymmetrical jaw movement.

Tongue

Your tongue is one of the most powerful postural muscles in your body. If it rests low in the mouth or pushes forward, it disrupts breathing mechanics and jaw alignment. A poorly positioned tongue can pull on the fascial and muscular chains connected to the TMJ — increasing strain and destabilizing the bite.

Diaphragm

Shallow breathing or mouth breathing activates the accessory muscles of the neck and jaw, forcing them to do work they weren't designed for. This constant overuse leads to tightness, pain, and imbalance between the left and right sides of the face.

Cranial Nerves

The cranial nerves control your eyes, tongue, face, and jaw. When they're not firing properly — due to stress, trauma, or dysregulation — your muscles and joints receive confusing signals. This can show up as clenching, asymmetry, difficulty relaxing the jaw, or even dizziness and ear fullness.

Scar Tissue & Fascial Restrictions

Old injuries, dental work, or surgeries can leave behind scar tissue that tugs through the fascial web of your body. Because fascia is continuous from head to toe, restrictions in one area (even your abdomen or neck) can subtly pull on the jaw, altering how it moves and rests.

Posture & Alignment

Forward head posture and rounded shoulders increase strain on the TMJ and upper cervical spine. The jaw then becomes a stabilizer — not just a mover — leading to chronic tightness and clenching as it fights to balance your head over your spine.

Why This Matters:

When any of these systems are out of sync, your jaw becomes the site of accumulated tension. By addressing these hidden contributors, we can reduce strain, retrain your nervous system, and restore proper coordination between the jaw, neck, tongue, and breath. That's why at Releaseology, I don't just look at your TMJ — I look at how your entire body communicates. True healing happens when the nervous system, fascia, and structure work together again.

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Supplements & Topicals

My favorites, plus discounts!

Recommendations for Supplements and other Products

Magnesium Lotion

Chronic jaw clenching often stems from overactive muscles that never fully relax. Magnesium helps calm the nervous system and improves muscle recovery. Apply [Trace Minerals brand](#) magnesium lotion to your jaw, temples, and neck before bed.

Moist Heating Pad

Use a moist heating pad across the cheeks, under the ears, or at the base of your skull to release stiffness and increase blood flow. This helps prepare muscles for stretching or gentle massage. It's one of my favorite simple tools for any pain. [Thermophore](#) has been my favorite brand for awhile and their products have lasted me several years. But you can just search [moist heating pad on Amazon](#)

Essential Oils

Don't overlook the benefits of essential oils. In regards to pain: [peppermint](#), [lavender](#) and [eucalyptus](#) are great to decrease pain and inflammation. Apply diluted oils topically or diffuse during evening relaxation. I love [Plant Therapy](#) because the quality and price point are great, plus they have their oils in hair sprays, roll-ons, candles, [muscle aid body cream](#) and so much more!

CBD Balm for deep muscle relaxation. I recommend [Charlotte's web](#)

Electrolytes to improve hydration and reduce clenching triggers. Check out [my guide](#) for my recommendations

Collagen for joint health and tissue repair



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Weekly Reset Plan for Jaw Tension

Maintain consistency and overcome setbacks



Consistency beats intensity. Try this simple reset to keep jaw pain under control:

1

Daily (5 minutes)

Choose 2-3 exercises of the following (take just 5 minutes per day)

- Practice tongue-to-palate breathing throughout the day
- Check posture and jaw alignment during screen time
- Avoid gum chewing and excessive talking when fatigued
- Suboccipital Release
- Jaw Relaxation Drill
- [Tongue Stretches](#)
- Scalp Massage
- Ear Pulls

2

2-3x Weekly

Use a [moist heating pad](#) and/or [magnesium lotion](#) to your neck, jaw and even your head, if able.

Perform gentle facial massage to your cheeks

3

Weekly (15 minutes)

Set aside 15 minutes for a nervous system reset. You can add deep breathing, humming, splashing your face with cold water and/or check out the free exercises I post on my [YouTube](#) or purchase my library of nervous system exercises (next page).

My Self-Paced Nervous System Courses

Nervous system work is so important to TMJ and jaw pain because jaw tightness can be a stressor response or an attempt to get more oxygen while sleeping, etc. I have my ENTIRE vault of exercises for purchase, available in 3 tiers to fit every budget/lifestyle.

Nervous System Foundations

- **1/3** of my exercise vault
- **20** movements & exercises
- Why is the vagus nerve so important (a brief **overview**)
- Signs and symptoms of vagus nerve dysfunction
- Ways to improve vagus nerve signal (an **overview**)
- Product discounts
- BONUS: position chart
- BONUS: symptom chart

\$97 for lifetime access

Nervous System Integrations

- **2/3s** of my exercise vault
- **40** movements & exercises
- Why is the vagus nerve so important (a **deeper dive**)
- Signs and symptoms of vagus nerve dysfunction (**why some symptoms make sense**)
- Ways to improve vagus nerve signal (**more in depth**)
- Product discounts
- BONUS: position chart
- BONUS: symptom chart

\$197 for lifetime access

Pay as low as \$35/month with a payment plan

Nervous System Mastery

- My **FULL** exercise vault
- **60** movements & exercises
- Why is the vagus nerve so important (**the full view**)
- Signs and symptoms of vagus nerve dysfunction (why **each** symptom make sense)
- **All** ways to improve vagus nerve signal
- Product discounts
- BONUS: position chart
- BONUS: symptom chart
- BONUS: **recipes & meal plans**
- BONUS: **my virtual vagus nerve workshop**

\$347 for lifetime access

Pay as low as \$60/month with a payment plan

Nervous System Coaching

- personalized 1:1 guidance in your healing journey
- weekly 1-hour Zoom or phone calls (virtual sessions)
- daily check-ins (via text or e-mail)
- FREE access to the Nervous System Mastery Course
- FREE 3-months access to the NeuroFIT App
- choose your duration of commitment 1, 2 or 3 months

\$3000 per month

Pay as low as \$515/month with a payment plan

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More Resources

More resources to support your healing journey

Want More?

If you liked this guide, I have a few more resources!

For the most up-to-date guides, head to:

www.releaseology.com/fitness-resources

Book a virtual session or in-person session in Tempe, AZ to get one on one personal guidance.

HSA cards accepted for AZ clients



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About the Author

What makes Releaseology different

About the Author

Hi! I'm Sara Becker, DPT (doctorate of physical therapy), Certified Health Coach, Nutritional Therapist, Vagus Nerve Guru and Movement Specialist. I pride myself on the nontraditional approach to healthcare as **I believe the body and brain are capable of so much more healing than traditional medicine has given it credit for.**

My journey into the world of physical therapy began with a deep fascination for the brain and nervous system—the way these intricate networks quietly orchestrate everything we do without our conscious awareness. It was always second nature to me, this understanding of how our bodies move, heal, and adapt. The nervous system just made sense.

Throughout my career, I dedicated myself to neurorehabilitation. I spent countless hours helping patients recover from life-altering events like strokes, traumatic brain injuries (concussions), and spinal cord injuries. These experiences were as challenging as they were rewarding, and they fueled my determination to help people regain not just their movement, but their independence, confidence, and quality of life.



Over time, I began to see a critical connection: true healing wasn't just about addressing muscles and joints—it was about working with the nervous system itself. Pain, stress, and dysfunction often have deeper roots in how the brain and body communicate. I realized that by targeting pain at its neurological source, I could help people experience deeper, lasting relief.

This revelation led me to immerse myself in perfecting hands-on techniques like neurokinetic therapy (NKT), vagus nerve regulation, dry needling, and myofascial release. I crafted a practice centered on holistic, root-cause healing that not only reduces pain and dysfunction but helps my clients feel more at ease in their bodies.

Let's Release Your Body's Own Healing Potential



About Releaseology

At Releaseology, my mission is simple: to help you uncover the root cause of your pain, stress, or dysfunction—and give you the tools to finally release it. Unlike many traditional clinicians who focus only on the obvious symptoms, I take a deeper, more investigative approach. I look for the overlooked patterns, the hidden dysfunctions, and the subtle compensations that others might miss. This is where true, lasting change begins.

Why Releaseology Is Different

- **Root-Cause Focused:** I don't just treat where it hurts. I explore the nervous system, movement patterns, and compensations that are often ignored.
- **Hands-On Techniques:** From neurokinetic therapy and dry needling to cupping and fascial release, every session is tailored to you.
- **Rapid Results, Real Change:** My goal isn't to keep you coming back forever—it's to help you improve as quickly as possible while still making sustainable, long-term progress.

In-Person or Virtual Options

I offer in-person services in Tempe, Arizona, as well as highly curated virtual services. And here's something you should know about me: ***I don't do anything halfway.***

Why This Matters? Whether you're here in Arizona or connecting with me virtually, you'll get the same level of detail, dedication, and results-driven care. I only offer what I know can help you feel and move better.

Ready to see the difference? Book with me [here](#)

Let's Release Your Body's Own Healing Potential



During COVID, insurance companies required that telehealth sessions be certified as “just as effective” as in-person care. At that time, I refused to offer virtual sessions because the tools I used then were most effective in person. I couldn't, in good conscience, promise the same results virtually. But today? That's different. The virtual services I now provide have been carefully designed and tested to be just as effective and valuable as my in-person care. When you book a virtual session, rest assured—it's because I know it will work.





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Releaseology Treatment for TMJ & Jaw Pain

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