



FIGURE 23-16. Functional kinetic exercises using the proximal lever for **(A)** opening. With the mandible stabilized; the patient extends the head (the tip of the nose moves cranially and dorsally). As the mouth opens, the joints of the upper cervical spine extend, and the TMJs open. **(B)** Closing. The patient flexes the head (the tip of the nose moves caudally and ventrally) as the mouth closes; the joints of the upper cervical spine flex and the TMJs close. **(C)** Functional kinetic exercises using the proximal lever for lateral movements to the right. With the mandible stabilized, the right upper teeth slide laterally to the right of the silized mandible and **(D)** to the left (the opposite applies for movement to the left). The movement is one of rotation of the atlanto-occipital and atlanto-axial joints of the cervical spine and lateral translation in the TMJ. **(E)** Functional kinetic exercises using the proximal lever for protrusion. With the mandible stabilized the upper teeth slide dorsally in relation to the lower teeth. **(F)** Retrusion. With the upper teeth moving ventrally to the lower. The movement is one of dorsal or ventral glide of the cervical spine and dorsal or ventral translation of the TMJs.