

## Mask Mishaps Can Cause Jaw & Neck Pain

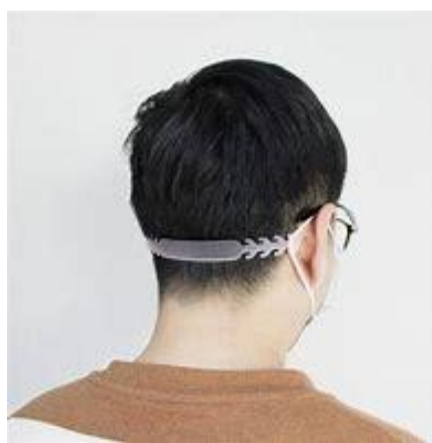


Mask wearing is a part of our current daily life, and for many, a large part of their day. Our concern at EPPT is that you may develop jaw or neck pain (or have already), due prolonged mouth opening, teeth/jaw clenching, or undesirable head/neck position.

Following are a few common errors with mask-wearing, and some suggestions that will help get you through the Covid-19 pandemic with less discomfort and pain.



1. Mouth-breathing, which means prolonged jaw opening, and possibly jaw/teeth clenching. To prevent this, aim for breathing through your nose. Ideal breathing posture is to have the tongue resting on the roof of the mouth, just behind the teeth with closed lips, while breathing in and out through the nose.
2. Improper mask fit will result in holding your jaw abnormally to talk. Consider a moldable nose bridge and/or a mask shape that keeps it off of the mouth. One suggestion is a KN95, found in our local pharmacies. Also, mask ear straps can result in excessive pressure and tension around the ears. A solution to that problem is a mask that ties in the back of the head or using a mask extender.



Click on the link below to access some exercise and self-massage tips.

<https://EPPT.medbridgego.com/>

And use access code: 7DLF3V4Q

If all of the above isn't a complete fix for you, call us at 970-236-2535 for an appointment!

Restoring Happiness,  
Estes Park Physical Therapy