

PhagiaFlex CTAR Device Instructions

Consult a physician before beginning an exercise program.



Chin Tuck Against Resistance (CTAR)

Begin with your chin slightly elevated. Keep your ears directly over your shoulders. Place the chest pad against your chest. Place the black chin pad under your chin. Hold the handle with palm facing up. Hold it firmly against your chest. Slowly tuck your chin toward your chest. Hold this position for 1-2 seconds. Slowly raise your chin back up. It is a small, gentle, easy movement. Be sure to keep your ears over your shoulders. Repeat until the muscles under your chin fatigue.

Chin Tuck Against Resistance and Hold

Begin this exercise like the CTAR. Hold the chin tuck position until the suprahyoid muscles under your chin fatigue (30-90 seconds). Rest and repeat 3 – 5 times.



Jaw Opening Against Resistance (JOAR)

Begin this exercise like the CTAR and Hold exercise. While holding the chin tuck position, slowly open your mouth widely and then slowly close your mouth. Repeat until your suprahyoid muscles (the muscles under your chin) fatigue.

Jaw Opening Against Resistance and Hold

Begin this exercise like the JOAR exercise. When you have opened your mouth as widely as you can, hold that position until your suprahyoid muscles fatigue. Rest for 60 seconds and then repeat. Repeat 3-5 times.

Visit our website for instructional videos.

Phagia-flex.com