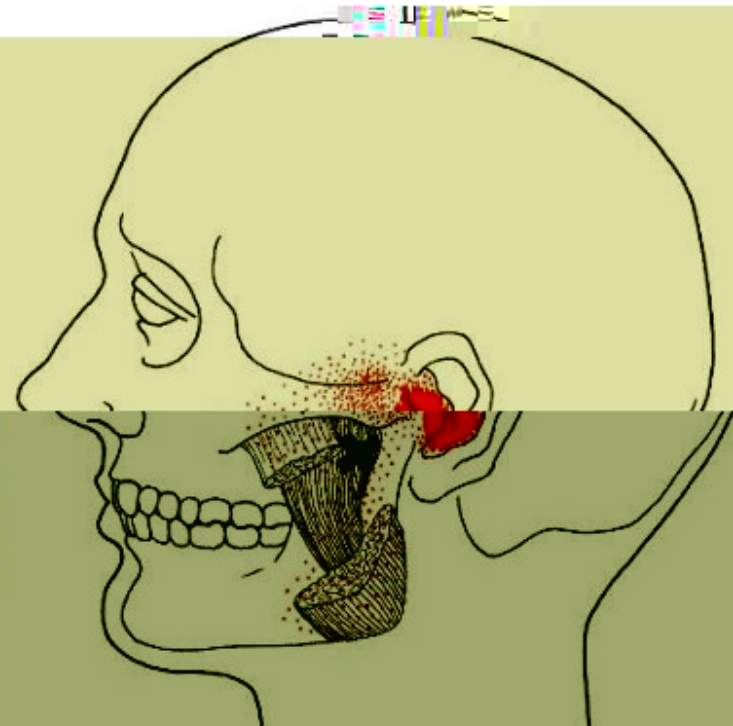


you may feel pain radiating in the pattern shown in red in the picture below, as well as your tinnitus worsening.

To release this trigger point, gently squeeze the muscle at the areas where you feel radiating pain and hold for 30 seconds to 1 minute or until you feel the pain and or tinnitus slowly subside. Work up and down the entire muscle.

To examine for trigger points in the deep portion of the masseter muscle, find your cheekbone and follow the ridge toward the side of your head where your jaw joint or temporomandibular joint is. Find your TMJ by opening and closing your mouth, and you will feel movement at the joint.

The deep portion of the muscle attaches just in front of this joint. Press firmly in this area and check to see if your tinnitus has intensified. To release this trigger point, press down on the area of the muscle where you feel the tinnitus and hold for about 30 seconds to 1 minute. Shift your fingers around and look for other sore areas and repeat.



After you have released the trigger points, you should feel an immediate lightening of your tinnitus.