

## **CERVICAL-CRANIO-MANDIBULAR RESTORATION – Review Guide**

### **Postural Respiration**

Muscles of **Anterior Interior Chain (AIC)** and muscles of opposition

Muscles of the **Brachial Chain (BC)** and muscles of opposition

Review of Postural Respiration manual and non-manual techniques

### **TMCC Tests**

Cervical Axial Rotation

Horizontal Upper Extremity Abduction

Mandibular Opening

Mandibular Lateral Trusion with Protrusion

### **TMCC Opposition Muscle**

Bilateral Levator Scapula

Lower Trapezius

Anterior Cranial Cervical Muscle

Mandibular Cervical Muscle

### **Temporal Mandibular Cervical Chain (TMCC)**

Temporalis (anterior fiber) - Protruder of mandible

Masseter - Protruder of mandible

Medial pterygoid - Protruder of mandible

Rectus capitis posterior major - Extensor of head

Obliquus capitis - Extensor of head

Rectus capitis anterior - Flexor of head

Longus capitis - Flexor of head

Longus colli - Flexor of neck

### **Other Areas of Focus**

Role of the sphenoid

Lateral pterygoid

Internal and external rotation of the temporal bone

Please visit our website listing of references for recommended reading,  
[www.posturalrestoration.com](http://www.posturalrestoration.com). Select “educational resources” then click “references” and scroll down.