



Head, Neck & Jaw

Anatomy & Technique Guide

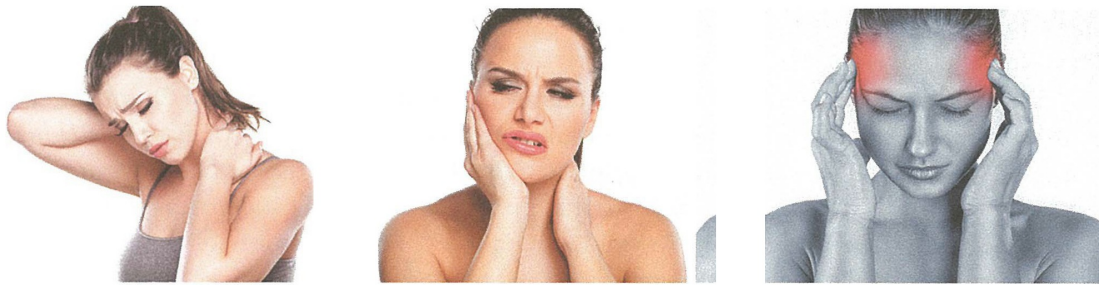


Learn the muscles. Understand the pattern. Stop guessing.

A visual introduction to the muscles, symptoms and percussion-tool approach used in TPS Wellness.

Start Here. When the symptoms are not always where the problem begins

Head, neck and jaw discomfort can involve more than the spot that hurts. This guide starts by looking at the muscles and the larger pattern.



One question becomes important: What else is connected to this area?

That question is central to the TPS Wellness approach. Rather than focusing only on the immediate symptom, we look at relevant muscles, their location and their relationship to surrounding areas.

The Method. The TPS Wellness Percussion Tool Approach

The percussion tool is the central hands-on method taught throughout the Complete Self-Massage System. These three photographs show the tool in actual use.



1 • Locate

Use anatomy and landmarks to understand the general region you are exploring.

2 • Work

Apply the percussion tool with controlled, comfortable pressure and appropriate movement.

3 • Notice

Pay attention to how the area feels and how your body responds.

4 • Reassess

Compare how you feel before and after rather than assuming the answer in advance.

Especially around the head, face and neck: use conservative pressure, move deliberately, and avoid sensitive structures.

1. Sternocleidomastoid (SCM)

The SCM is a rope-like muscle that runs from the sternum and collarbone toward the area behind the ear. Before using the tool, learn to find the muscle with your fingers so you understand exactly where it is.



Find it first. Use your fingers to gently locate and feel the SCM. Once you understand the muscle's path, the percussion tool can be used along the muscular portion with controlled, comfortable contact. **Pay special attention where the SCM attaches at the mastoid process, just behind the ear.**

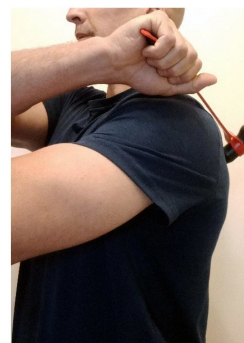
Using the percussion tool

Work gradually along the muscle rather than staying in one spot. Keep the movement slow, controlled and comfortable.

Keep in mind Do not use percussion on the front of the throat or over sensitive structures. If you are uncertain about a location, skip the area.

2. Trapezius

The trapezius spans much of the upper back. Its upper portion forms an important bridge between the neck and shoulder.



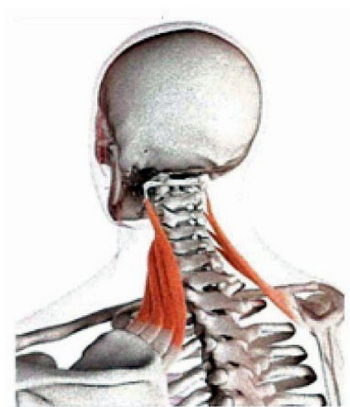
The upper shoulder and upper back give you a broad muscular area to explore. Use the anatomy as your map and the tool as your way to work with what you have identified.

When the upper trapezius becomes tight, symptoms may sometimes be felt higher into the neck or head. This is one example of why referred-pain patterns are worth understanding.

Keep in mind Use the percussion tool with slow, controlled pressure. Start light and adjust gradually, keeping the tool on muscular tissue and away from delicate areas around the neck.

3. Levator Scapulae

The levator scapulae connects the upper cervical region with the upper shoulder blade. It contributes to shoulder elevation and head/neck movement.



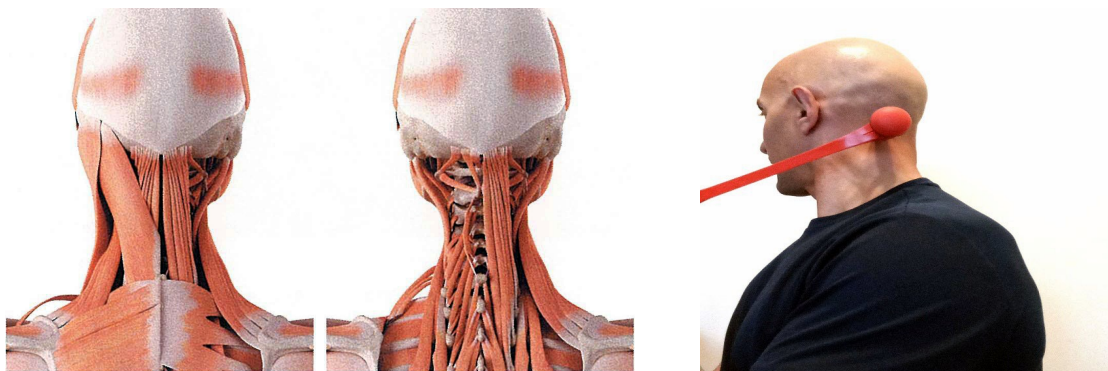
The anatomy shows where the muscle lies; the technique photograph shows how the percussion tool can be applied to the muscular region.

Work slowly along the back edge of the neck and toward the shoulder blade, using controlled pressure rather than chasing a painful spot.

Keep in mind The neck is a sensitive area. Use conservative pressure and stay on clearly identified muscular tissue.

4. Cervical Muscles

The cervical region contains several layers of muscles around the base of the skull and upper neck. The complete workbook discusses these muscles in greater depth.



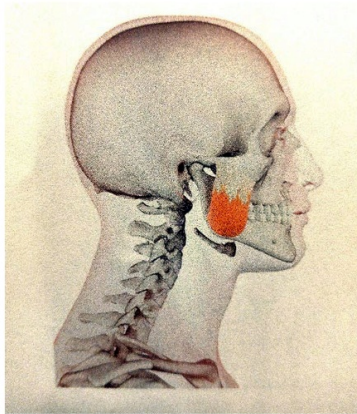
This is another place where knowing the anatomy matters. Use the visual map first, then work only where you can confidently identify muscular tissue.

Different muscles can contribute to similar sensations. Learning the surrounding anatomy can change where and how you explore.

Keep in mind Avoid the front of the neck and sensitive structures. If you are unsure about a location or technique, do not work there.

5. Masseter

The masseter is a major chewing muscle along the side of the jaw. It is one of the first areas to explore when considering muscular tension around the jaw.



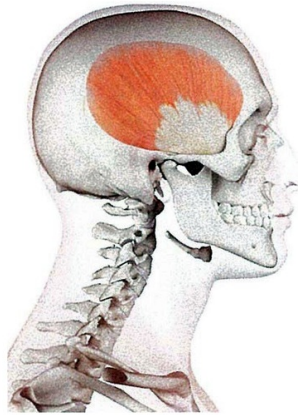
Begin gently over the muscular portion of the cheek and jaw. Explore the area in front of the ear and along the edge of the jaw, staying on the muscle.

Start around a 2–3 on a 1–10 pressure scale and increase only gradually if it remains comfortable. You should never need to work at a 10.

Keep in mind Jaw discomfort can have multiple causes. Self-massage is one possible part of a broader approach and is not a diagnosis.

6. Temporalis

The temporalis is a broad, fan-shaped muscle covering the temple area and side of the head. It works with the muscles of chewing.



Use slow, controlled pressure over the muscular temple region and explore the area rather than concentrating on one point. Keep the pressure light and comfortable, especially around the head.

When this area becomes tight, it can contribute to tension or headache sensations locally and may also refer toward the jaw.

Keep in mind Stop if you develop unusual symptoms such as dizziness, visual changes, numbness or worsening pain.

7. Facial Muscles

The face and head contain many muscles and sensitive structures. This guide introduces the anatomy and the TPS Wellness perspective without reproducing every technique from the book.



These images give you a visual introduction to how Tom demonstrates percussion-tool work around the head and face. There are many muscles here that can respond well to light, controlled massage.

The head can also appreciate gentle work around the temples and other muscular areas. Stay aware of sensitive structures; the complete book provides more detailed instruction and context.

Be conservative

Avoid the eyes, throat, front of the neck and other sensitive structures. When in doubt, leave the area alone.

A Simple Starting Routine. Learn one area at a time

You do not need to work on every muscle at once. Start with a small sequence and spend several minutes exploring the area.

As you become more comfortable, you can spend more time and enjoy the massage. Reassess and learn from what you notice.

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|---------------------|--|
| 1 • Jaw | Explore the muscular jaw region gently. |
| 2 • Temple | Move to the temporalis and notice the response. |
| 3 • Neck | Consider appropriate cervical muscular areas. |
| 4 • Shoulder | Explore the upper trapezius and levator region. |
| 5 • Reassess | Pause and compare how you feel before and after. |

The goal is not simply to apply pressure. It is to become more familiar with your body, use the tool intentionally, and pay attention to patterns and changes.

This guide is educational and is not a substitute for medical evaluation or treatment.

TPS Wellness. Learn the muscles. Understand the pattern. Stop guessing.

TPS Wellness takes a head-to-toe view of self-massage: understand the anatomy, recognize the pattern, use the tool intentionally, and reassess.

Learn the muscles

Know where the muscles are and what they do.

Understand the pattern

Look beyond the immediate symptom and consider connected areas.

Use the tool intentionally

Controlled percussion is a skill—not a contest to see how much pressure you can tolerate.

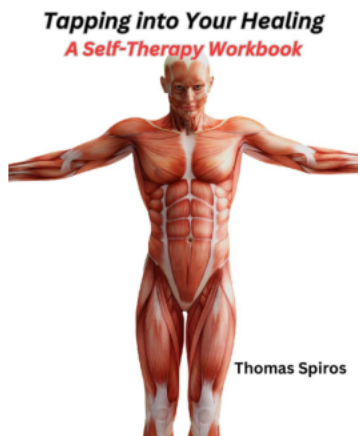
Stop guessing

Use what you learn to make more informed choices about your self-massage practice.

The muscles shown in this guide are only a small part of the larger system. Your body does not always work in isolation, and understanding more of the anatomy can change the way you approach self-massage.

Want to Go Deeper? Choose the way you want to learn

If you found this guide helpful, TPS Wellness offers several ways to continue. You can choose the level of information and practice that fits your needs.



Tapping Into Your Healing

A book I created to take the TPS Wellness approach much further.

Inside, you'll go deeper into:

- anatomy and muscle function
- pain and symptom patterns
- what can happen when muscles become tight or
 - overloaded
- different terms and labels used to describe pain
- how to practice with the percussion tool
- a much broader, head-to-toe look at the body

More reading

Tapping Into Your Healing provides deeper anatomy, explanations and context for building your own practice.

More instruction

Videos and training can help you see the method demonstrated and put the approach into practice.

The complete system

The Complete Self-Massage System brings the approach across more areas of the body with broader instruction.

Tools for practice

The TPS Wellness Toolkit provides the tools used to practice the method at home.



TPS WELLNESS Tom Spiros • Licensed Massage Therapist