

Buccinator Stretch Challenge

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Grok prompt

Review this paper called Buccinator Stretch Challenge by Richard Burger and provide a 2 paragraph summary in clinical language plus 5 multi-choice quiz questions with answers.

Grok response

This report discusses the buccinator muscle (the "bugler's muscle") and its proposed role in stomatognathic function and temporomandibular joint (TMJ) disorders. The buccinator forms the lateral wall of the oral vestibule, originates from the maxilla and mandible with contributions from the pterygomandibular raphe, and communicates with the orbicularis oris. Clinically, it is implicated in actions such as pressing the cheek against teeth during mastication, aiding lip movement, and influencing oral mucosal tension. The author notes a proposed reactive (non-passive) relationship between the buccinator and jaw closing muscles (masseter, temporalis) and describes how buccinator dysfunction may accompany TMJ symptoms or cranial-respiratory dysfunction. A key observation is that a "puffed cheeks" (buccinator stretch) challenge can alter the function of the surrounding jaw muscles, sometimes revealing a strengthening or weakening pattern in associated muscles that guides treatment.

The paper outlines practical methods for screening and treating buccinator involvement within a broader stomatognathic evaluation. Screening involves having the patient purse the lips and puff or fill both cheeks with air, then observing which muscles (and sides) respond during lateralised cheek expansion with concurrent indicator-muscle testing. A positive buccinator involvement is confirmed via therapy localisation over the buccinator belly and, if indicated, a muscle spindle-based treatment achieved by approximating the muscle ends toward the middle. The author recommends an in-office "transverse" (or parallel) stimulation approach to reduce muscle spindle activity, and promotes a home exercise: sustained cheek expansion ("puff the cheeks") for 30 seconds to 2 minutes, which may reduce jaw-closing muscle tension and alleviate associated symptoms, potentially benefiting patients with recurrent TMJ or cranial pain. Overall, the procedure is presented as a screening and adjunctive therapeutic tool within Applied Kinesiology concepts.

Five multiple-choice questions with answers

1. Which muscle is referred to as the buccinator or “bugler’s muscle”?

- A) Masseter
- B) Buccinator
- C) Risorius
- D) Orbicularis oculi

Correct answer: B

2. What is one of the primary in-office testing methods described for assessing buccinator involvement?

- A) Palpating for buccal pulse during jaw opening
- B) Palpating buccal pressure while the patient contracts the buccinator
- C) Measuring bite force with a bite gauge
- D) Assessing jaw range of motion with a ruler

Correct answer: B

3. What home exercise is suggested to help manage buccinator-related jaw muscle tension?

- A) Jaw clenching at the teeth for 60 seconds
- B) Puffing the cheeks and expanding the cheeks with air for 30 seconds to 2 minutes
- C) Chewing gum continuously for 10 minutes
- D) Rapid tongue lateralisation against the palate

Correct answer: B

4. According to the article, the buccinator stretch may have what effect on jaw-closing muscles?

- A) It tends to strengthen the masseter

- B) It inhibits the jaw-closing muscles, promoting opening
- C) It has no effect on jaw-closing muscles
- D) It exclusively affects the digastric muscle

Correct answer: B

5. How is buccinator involvement most reliably confirmed after the initial screening?

- A) Visual inspection of the cheek for puffiness
- B) Therapy localization over the buccinator belly and a muscle-spindle technique with end-approximation
- C) Electromyography of the temporalis
- D) Measurement of intraoral pressure during mastication

Correct answer: B