

TMJ EXERCISES

Give both jaw joints preliminary warmth with a protected hot water bottle applied to one joint and then the other for 5 minutes each side before commencing the exercises.

1. REFLEX OPENING EXERCISE

Partly open mouth against hand pressure on chin for 20 – 30 seconds; swallow to relax, then open smoothly and widely without deviation, supporting both jaw joints with light finger pressure.

2. LATERAL OPENING MOVEMENT

Support first the left jaw joint with fingers of the left hand and place the right hand against the side of the right jaw; open with a sideways swing to the right against firm pressure from the right hand.

3. Do the lateral opening exercise on the opposite side.

Do each exercise in turn and repeat the whole series 6 times, 3 times a day to begin with, then reducing gradually to 2 times a day, 3 times a week etc. until free of pain

REMEMBER COAX YOUR MUSCLES – DO NOT DRIVE THEM TOO HARD!