

Patient information

Temporomandibular Joint Exercises

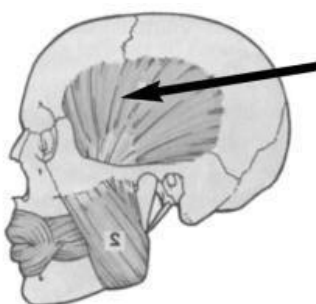
Before you start the following exercises, you may find it useful to apply a moist warm towel over the painful area for about ten to fifteen minutes.

Warning: ensure you use only gentle warmth to avoid burns to the skin.

The above can be followed by massaging some of the commonly tight muscles:



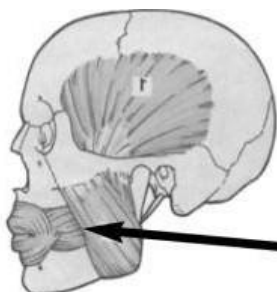
The Temporalis muscle: Easy to locate on the side of the head (opening and closing your mouth can help to locate it). Apply gentle circular massage for a couple of minutes.



The Temporalis muscle



The Masseter muscle: It is located on the side of the jaw, under your cheek bone and in line with the corner of the eye (clenching your back teeth will help you locate it). Apply a gentle massage for a couple of minutes.



The Masseter muscle

Poor Posture: Poor sitting posture can cause your back teeth to clench which will create more tension in the muscles around your temporomandibular joint, causing you more discomfort and pain.



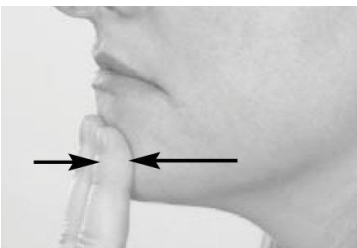
Good Posture: Good posture contributes to relaxation of jaw muscles, assists with normal breathing and therefore can help ease discomfort and pain.



Relaxing position of the jaw: (also called 'n' position of the tongue), as if you are pronouncing the letter n. The tip of the tongue needs to be just behind your front teeth. This exercise needs to be done frequently though the day and you need to start with a good sitting posture

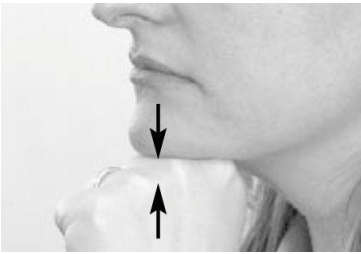
You do not need to do all the following exercises, you will be advised on the appropriate ones.

Unless otherwise stated, please repeat the following exercises five times, two to three times a day.



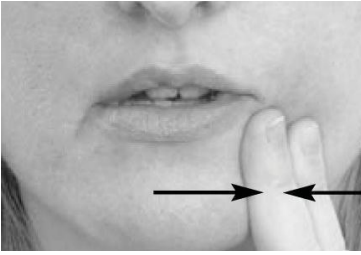
Put two fingers on your chin
Protrude lower jaw while gently resisting movement with your fingers.

Hold seconds. Repeat..... times.



Place a fist under your jaw
Try to open your mouth while gently resisting movement with your fist.

Hold seconds. Repeat times.



Place two fingers on one side of your jaw. Slide your jaw towards your fingers while gently resisting movement with your fingers.

Hold seconds. Repeat..... times.



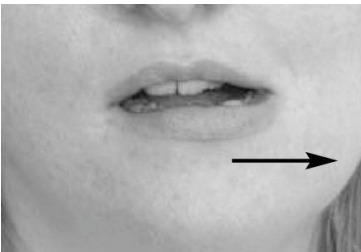
Place your tongue on the roof of your mouth as far back as possible, then slowly open your mouth as far as you can (making sure your tongue stays in contact with the roof of your mouth)

Repeat..... times.

Midline exercise: Use a mirror for this, open your mouth gently while making sure your jaw stays central.



Repeat times.



Slide your lower jaw to the right then to the left.

Repeattimes.



Protrude your lower jaw.

Repeattimes.



Hold your jaw using your thumbs and index fingers gently open your mouth applying a gentle stretch.