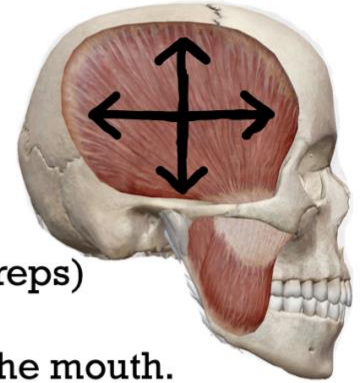


TMJ - STRETCHES/EXERCISES

- Good posture
- **Should not hurt!**
- Tongue stays in contact with roof of mouth for everything.



Stretches

Massage each muscle for 30 - 60 seconds each direction (3-4 reps)

While massaging with light pressure, slowly open and close the mouth.
Avoid pops

#1: Temporal Muscle

#2: Jaw Muscle

#3: Upper Stretches

Exercises

All exercises are 30-60 seconds (Can build up to it)

#1: Side Push: Maintain jaw in neutral position. Light push pressure

#2: Forward Push: Maintain jaw in neutral position. Light push pressure

#3: Slowly open and close mouth while tongue is applying constant pressure to roof of mouth.

Life Style

To help alleviate TMJ pain, minimize wide jaw movements, such as chewing, yawning, singing, and yelling. Do your best to keep your muscles as relaxed as possible.



- Sleep on back
- Teeth apart. Keep the bottom and upper teeth apart to help relax the jaw.
- Breath through nose
- Meditation to relax the muscles