



TMJ Exercises

- ① Follow a soft diet and avoid solid foods.
- ② Heat therapy—place a moist hot towel on the affected area for 15-20 minutes 4-5 times each day until the symptoms resolve.
- ③ Warm saline rinses. Add a teaspoon of salt to a glass of warm water. Hold the liquid in the mouth on the affected area for a few minutes, then spit it out.
- ④ Take over the counter pain medication—e.g. Ibuprofen 200mg, 1-2 tablets every 4 hours.
- ⑤ Muscle Relaxant—Flexeril used in combination with over-the-counter Ibuprofen.
- ⑥ Rest.
- ⑦ Avoid any daytime jaw parafunction like gum chewing, fingernail biting, tooth clenching, etc.

Physiotherapy treatments to establish normal function-exercises will include neck stretching, chin tuck, massaging of masticatory muscles, and other jaw stretching. Do this for 5-10 minutes every 3 to 4 hours until symptoms are relieved.

Exercises to help

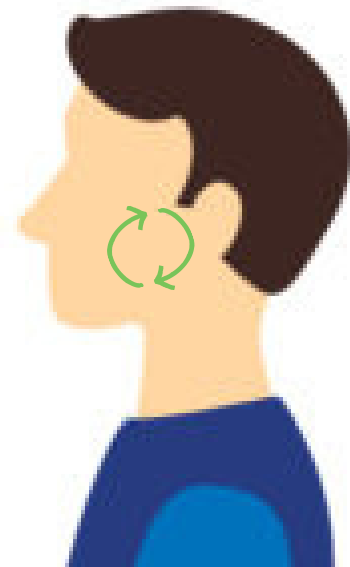
Massage your Jaw Muscles

(Masseter Muscles) Place your index and middle finger on your cheek bone. Run your fingers down over your masseter muscle, which ends at your bottom jaw.

As you move your fingers, find points that feel tender or tight.

Massage these areas with your fingers in a circular motion for 30 seconds.

Do this 2 to 3 times a day. To keep your jaw muscles relaxed all the time, try to avoid clenching your jaw when you are stressed or out of habit





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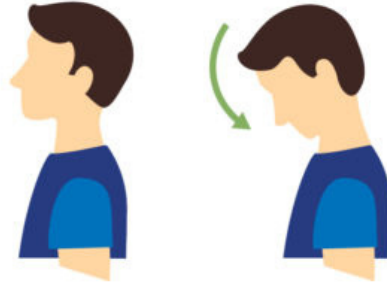
Neck Stretch

Sit or stand with your arms at your side.

Hold each stretch for 30 seconds.

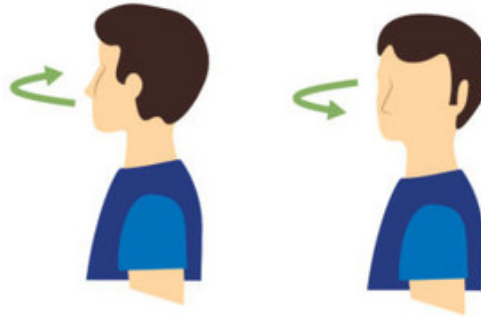
1 Bend your head forwards

2 Bend your head backwards



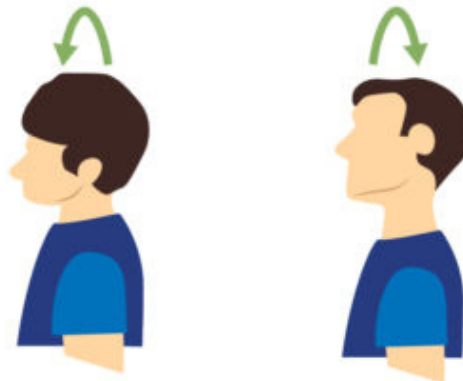
3 Rotate your head to the left

4 Rotate your head to the right



5 Bring your left ear to your left shoulder

6 Bring your right ear to your right shoulder



Shoulder Blade Pinch

Sit or stand with your arms at your side and tuck your chin

1 Pinch your shoulder blades together as tightly as possible

- hold this position for 3 seconds

2 Do this exercise 10 times slowly.

