

TMJ Exercises

Exercise 1: Press tongue against the center of the roof of your mouth directly behind your front teeth, then open and close your jaw. Perform 3 sets of 10 repetitions, 3-4 times a day.

Exercise 2: Press your tongue against the roof of your mouth behind your front teeth and to the opposite side of the popping or pain in your jaw. Open and close your jaw. Place your tongue as far to the opposite side as necessary to create ease of opening and closing. Perform 3 sets of 10 repetitions, 3-4 times daily. Gradually bring your tongue position to center. Repeat this exercise until you can place your tongue in the center without pain or popping. Then proceed with Exercise 1.

Exercise 3: Place your tongue on the roof of your mouth toward the _____ and open and close your jaw. Move the tongue as far _____ as possible to create ease in opening and closing. Perform 3 sets of 10 repetitions, 3-4 times a day. Gradually move your tongue to the center of the roof of the mouth as it becomes easier to do so.

Exercise 4: Do exercise 1 in front of a mirror and keep your jaw in the middle while opening and closing. Perform 3 sets of 10 repetitions, 3-4 times a day.

Muscular Tension Exercise:

- Place the tip of your tongue in a relaxed manner near the roof of your mouth behind your front teeth. Focus your attention on the part of your tongue that is the farthest back in your throat and relax that part of your tongue as much as possible.
- Relax your jaw muscles and allow your jaw to drop down and forward.
- Relax the muscles at the base of your skull and drop your head slightly forward as if to slightly nod your head.
- Relax the muscles under your jaw - as if your head feels like it is lifting.