



TMJ Exercises

These exercises are designed to help reduce TMJ problems and should be done during your treatment at the clinic and can be done daily afterwards to help your TMJ stay healthy.

For all exercises:

- Sets: 2 (rest for 5-10 seconds between sets)
- Reps: 10 each side
- How often?: twice per day
- Effort: only go to a maximum of 70% effort/range
- Pain: if you experience any pain either reduce the effort so you no longer have pain or discontinue that exercise and refer back to the clinic for advice
- Do all exercises and then do the stretches (see separate sheet).

Exercise	Step 1	Step 2
<p>1. Open & Close With your tongue resting on the roof of your mouth, let your jaw drop partially, then lower your tongue and let your jaw drop completely down and back.</p>		

2. Gentle Clenching

Clench your teeth then relax.



3. Horizontal Resistance

Place two fingers on the left side of your lower jaw. Apply gentle horizontal pressure onto the lower jaw towards the right, but resist any actual movement of the jaw by contracting your muscles. Relax your lower jaw. Repeat on the other side.



4. Diagonal Resistance

Place two fingers on the right side of your lower jaw. Apply gentle diagonal pressure onto your chin towards the left and backwards but resist any actual movement of the jaw by contracting your muscles. Relax your chin. Repeat on the other side.



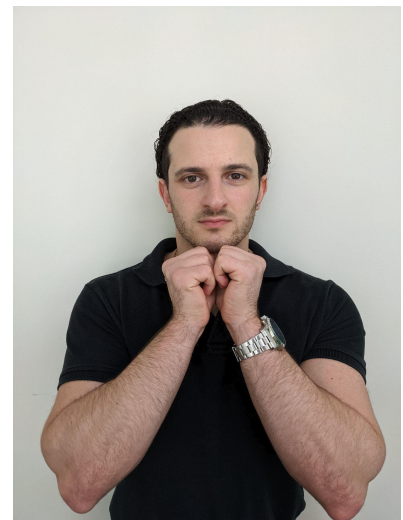
5. Glide

Move your jaw to one side, then open your mouth, then glide to the other side. Relax your jaw. Repeat on the other side by going the other way.



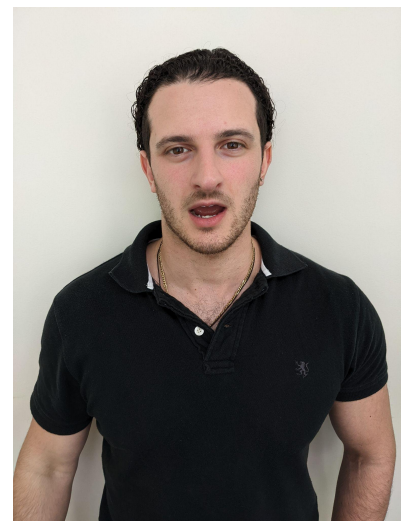
6. Closing Resistance

Place your thumbs under your chin. Apply gentle pressure under your chin in an upward direction but resist any actual movement of the jaw by contracting your muscles. Relax your chin.



7. Mouth Open

Place one finger between your upper and lower teeth. Remove your finger but try to maintain your mouth open one finger-width. Close your mouth. *Step 2 if you can* : Repeat by placing 2 fingers between your upper and lower teeth.



8. Push Back Resistance

Place two fingers on your chin.

Apply gentle pressure onto your chin in a backward direction but resist any actual movement of the jaw by contracting your muscles.

Relax your chin.



See also TMJ Stretches in a separate document.

TACU METHODTM



FOR TMJ PAIN RELIEF