



TMJ Stretches

These exercises complement the TMJ Exercises and are designed to help reduce TMJ problems and should be done immediately after completing all of the TMJ Exercises.

For all exercises:

- How often?: twice per day (straight after your TMJ Exercises)
- 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

Exercise	Step 1	Step 2
<p>1. Retracting Your Chin</p> <p>From a neutral position pull your chin back, hold for 2 seconds and then return back to the neutral position. Do this 10 times.</p>		

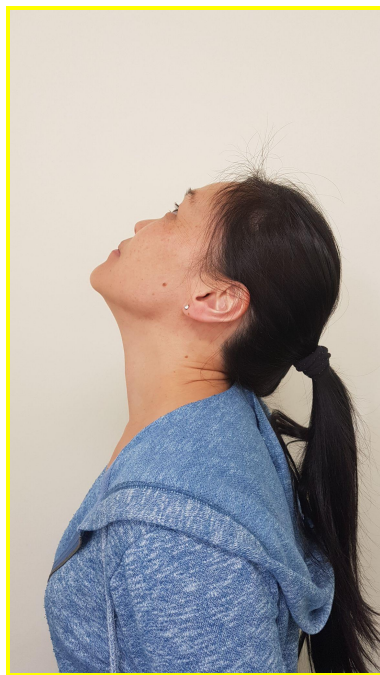
2. Turning Your Head

From the neutral position, retract your chin straight back.
Turn your head all the way to the left and hold for 3 seconds.
Return to the neutral position and repeat for the other side.
Do this 10 times per side.



3. Nodding Up and Down

From the neutral position, retract your chin and tilt your head straight back to look up, then nod your head down so your chin nearly touches your chest.
Return to the neutral position and repeat.
Do this 10 times.



4. Neck Stretch

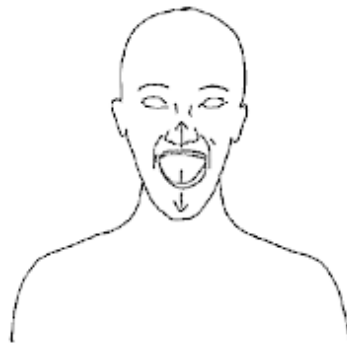
Start in the neutral position. Turn your head 45 degrees to the left. Gently pull your head downwards to achieve a gentle neck stretch. Hold for 10 seconds. Repeat on the right.



5. Jaw Stretch

Gently open your mouth as wide as comfortable, hold for 3 seconds and then slowly close it. Perform this in front of a mirror to ensure you are opening your jaw straight down without deviation.

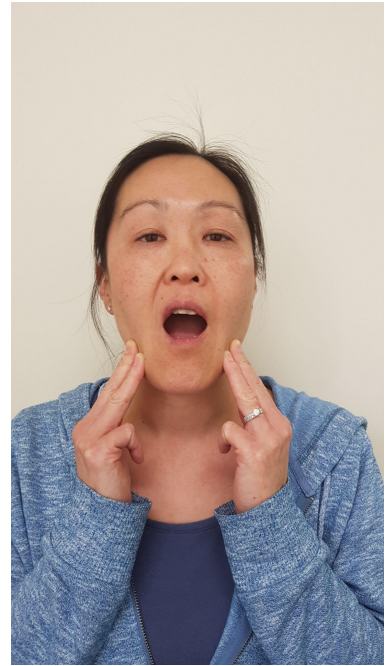
Do this 5 times.



6. Jaw Stretch - Assisted

Gently open your mouth as wide as comfortable and use your fingers to gently enhance the stretch by dragging your fingers down the jawline as you slowly open your mouth.

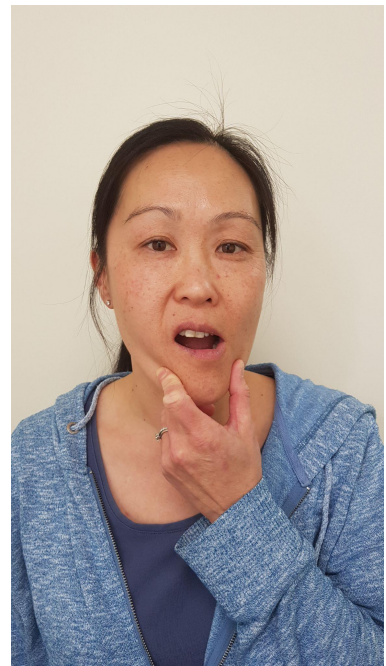
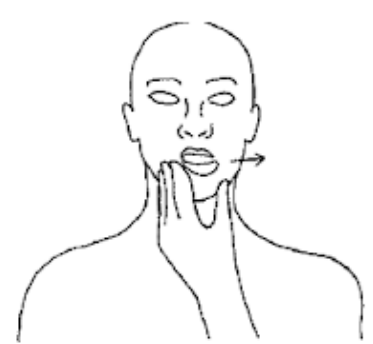
Do this 5 times.



7. Glide - Assisted

Gently open your mouth and move the lower jaw to one side, place your hand on the lower part of your jaw and gently push to enhance the stretch, hold for 3 seconds then relax. Repeat to the other side.

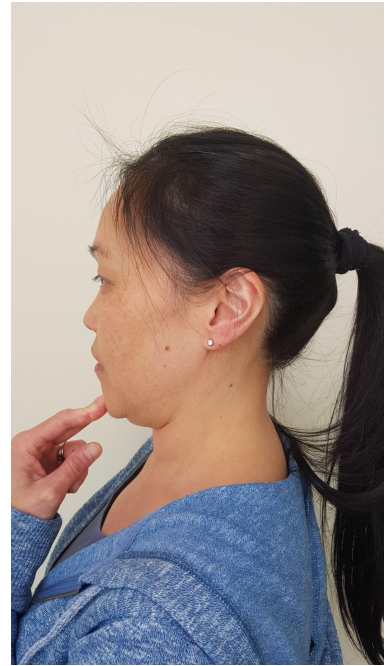
Do this 5 times.



8. Push Back - Assisted

Bring the jaw backwards towards your throat creating an overbite with your top teeth as far as comfortable, gently assist by pushing with your fingers, hold for 3 seconds and then relax.

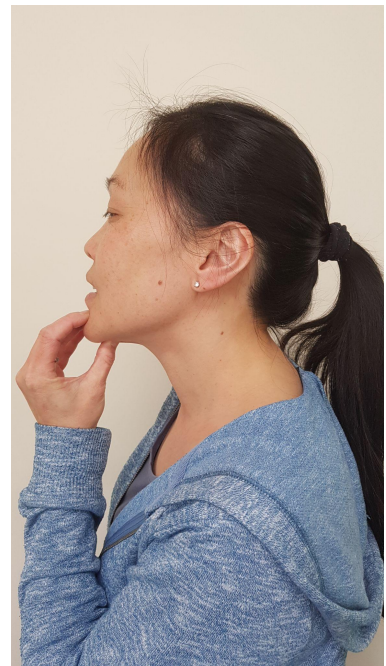
Do this 5 times.



9. Jaw Forward - Assisted

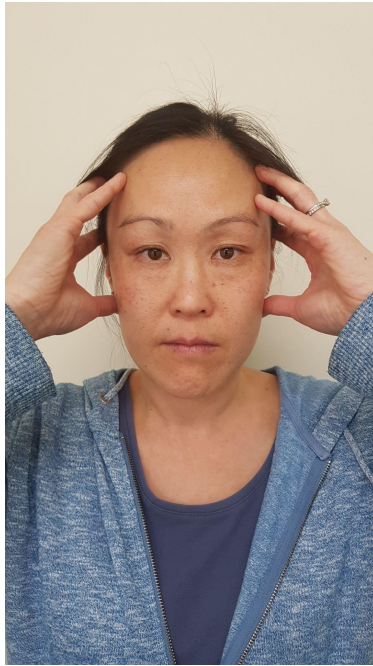
Push your jaw forwards creating an underbite with your teeth to as far as comfortable, gently assist by pulling your chin forward by pinch-gripping the chin. Hold for 3 seconds, and then relax.

Do this 5 times.



10. Temporalis Stretch
Start with your slightly spread fingers at the base of your temples and then apply comfortable pressure as you slowly push your fingers upwards and backwards. Spread your fingers out as you do it.

Do this 5 times.



Left blank

11. Under-Jaw Stretch
Start with your thumbs pressing into the soft tissue under your jaw. Slowly drag your thumbs back along the inside of the jaw bone back to the corner of the jaw. Apply firm but comfortable pressure.

Do this 5 times.

