



HETTON DENTAL PRACTICE

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EXERCISE PROGRAMME TO RELIEVE TMD

Please read carefully

- Always do the following exercises slowly and gently, relaxing the muscles as much as possible.
- All movement must be slow, relaxed and pain-free.
- To be effective, these exercises must be performed regularly.
- If the exercises seem to be improving your jaw problem they can be carried out more often.
- Most patients benefit by doing jaw exercises but if they appear to make your jaw problem worse, stop doing them.
- Your dentist may prescribe other exercises depending on your specific need.

Exercise 1

This exercise is designed to help you learn a smooth and protective jaw opening pattern. It should be carried out in front of a mirror and an ideal time is just after you have brushed your teeth in the morning and evening. The jaw joint acts like a hinge and during this exercise you should only feel a rotation in the joints as your jaw opens. Make sure you watch in the mirror checking that your jaw opens and closes in a straight vertical line avoiding any sideways movement.

1. Working in front of a mirror, place your fingers over your jaw joints.
2. Curl your tongue backwards to the roof of your mouth.
3. Keeping your tongue in this position, open your mouth slowly and smoothly.
4. Make sure your jaw opens in a straight line avoiding any sideways deviation.
5. Repeat this 5 times twice a day



Exercise 2

This exercise strengthens the muscles that control jaw movement. This exercise can be carried out when you are relaxing, a good time is whilst watching TV in the evening.

1. Start with your jaw in its comfortable rest position with your teeth slightly apart.
2. Whilst opening your mouth, use your hand to balance the pressure of your jaw.
3. Hold for the count of 5 seconds.
4. Repeat 5 times each day.

