

Nottingham Family Wellness Centre

TMJ Syndrome

TMJ Exercises



OPEN CLOSE EXERCISE

With the tip of your tongue on the roof of your mouth, slowly lower your jaw. Make sure the tip of your tongue keeps in contact with the roof of your mouth the entire time.

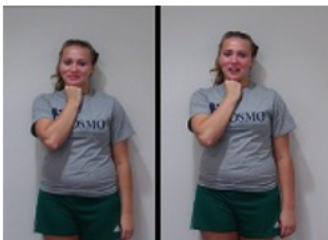
Repeat 10 Times
Hold 2 Seconds
Complete 2 Sets
Perform 1 Time(s) a Day



LATERAL EXCURSION

With head and neck in neutral position, and jaw in loose position, move jaw to the each side in a pain-free range.

Repeat 10 Times
Hold 2 Seconds
Complete 2 Sets
Perform 1 Time(s) a Day



TMJ Resisted Opening

Standing or seated in front of a mirror (if able). Open jaw slightly keeping correct alignment. Use hand under chin to give mild resistance. Hold 5-10 seconds.

Repeat 10 Times
Hold 5 Seconds
Complete 2 Sets
Perform 1 Time(s) a Day

Nottingham Family Wellness Centre

TMJ Syndrome



ISOMETRIC JAW LATERAL DEVIATION

Place your fingers on the side of your jaw and gently move your jaw into your fingers. Apply light resistance with your fingers.

As your jaw gets less painful, you can challenge the jaw with more resistance.

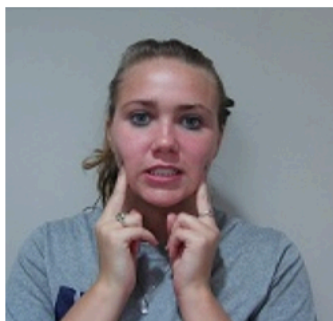
Repeat 10 Times
Hold 5 Seconds
Complete 2 Sets
Perform 1 Time(s) a Day



ISOMETRIC JAW PROTRUSION

Place your fingers on the front of your jaw and draw it forward. Resist with your fingers.

Repeat 10 Times
Hold 5 Seconds
Complete 2 Sets
Perform 1 Time(s) a Day



MASSETER MOBILIZATION

Clench jaw together and feel the muscle (you masseter) contract. Relax jaw and massage muscle front to back until muscle relaxes.

Repeat 1 Time
Perform 2 Time(s) a Day