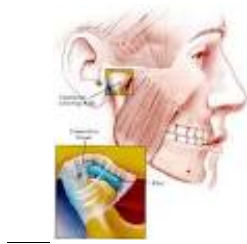


# **TMJ EXERCISES**



## **TMJ RESTING POSITION**

Tongue touching the roof of your mouth  
Teeth slightly separated  
If clenching teeth at night a resting splint may be helpful

## **TMJ ROTATION**

Tongue touching the roof of your mouth  
Open and close mouth, as is comfortable; The movement is to be pain free and symmetrical  
Perform this exercise at least 6x daily

The purpose of this exercise is to:

- Lubricate the joint
- Decrease pain
- Relax muscles
- Improve joint alignment and movement symmetry

## **PROGRESS TO:**

### **TMJ SIDESLIDING**

Move jaw to the side, pain free and gently  
\*Goal: for the jaw to move the same distance to the left and to the right.  
Perform this exercise just a few times eg: 3x each direction, 1-2x daily

### **TMJ PROTRUSION**

Move the jaw forward, pain free and gently  
Perform this exercise just a few times eg: 3x, once a day