

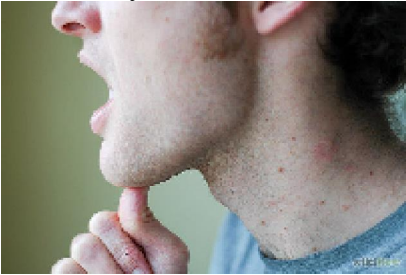
TMJ exercises

1. Put your mouth through some resistance training.

- Place your thumb underneath the centre of your chin.



- Open your mouth slowly by lowering your jaw, while applying steady light pressure to the bottom of your chin with your thumb.



- Hold your mouth in the open position for 3 to 6 seconds, then close your mouth slowly.



- Repeat this exercise 3 to 6 times.



2. Exercise the joint in the opposite direction by providing resistance while closing your mouth.

- Place your thumbs underneath your jaw and your index fingers on the joint of the jaw.



- Push lightly with both your thumbs and your index fingers as you close your mouth.



- Repeat this exercise 3 to 6 times.



3. **Hold your tongue on the roof of your mouth as you slowly open and close your jaw.** Repeat this exercise several times.



4. **Exercise your jaw with side-to-side movement.**

- Open your mouth and place an object that is less than 1/2-inch thick, such as a pencil or a popsicle stick, between your teeth.



- Move your jaw slowly to one side, then the other.



- Repeat this exercise several times, then choose a thicker object to place between your teeth when the exercise is no longer challenging.



5. **Put the same item between your front teeth to exercise your jaw with a forward motion.**

- Slowly move your bottom jaw forward until your upper teeth are behind your lower teeth.



- Repeat this exercise several times, again replacing the object with something thicker when the exercise seems too easy.

