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# TMJ .....and Physiotherapy

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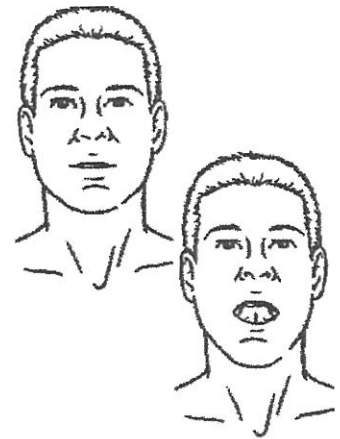
There are a number of things Physiotherapy can do to improve the function of your TMJ and ease the pain :

- Jaw exercises
- Joint Mobilizations and soft tissue release of tight jaw muscles
- Self massage and mobilization instruction
- Acupuncture and Dry Needling
- Good posture and relaxation techniques
- Moist heat or cold pack use
- Self care tips ( see page 2 )

## Exercises

### Tongue Clucking

Making a clucking sound by positioning the tongue against the hard palate. Aim to maintain appropriate tongue/jaw resting position throughout the activity. Do each exercise \_\_\_\_\_ times. Repeat \_\_\_\_\_ times a day.



### Controlled jaw opening

Maintain your tongue on the hard palate whilst opening and closing the jaw. This will limit excessive movement of the mandible. Do each exercise \_\_\_\_\_ times. Repeat \_\_\_\_\_ times a day.

### Mandibular Rhythmic Stabilisation

Apply resistance to opening, protrusion and lateral deviation of the jaw in a resting position. The goal is to promote normal positioning of the jaw while maintaining postural alignment. Do each exercise \_\_\_\_\_ times. Repeat \_\_\_\_\_ times a day.

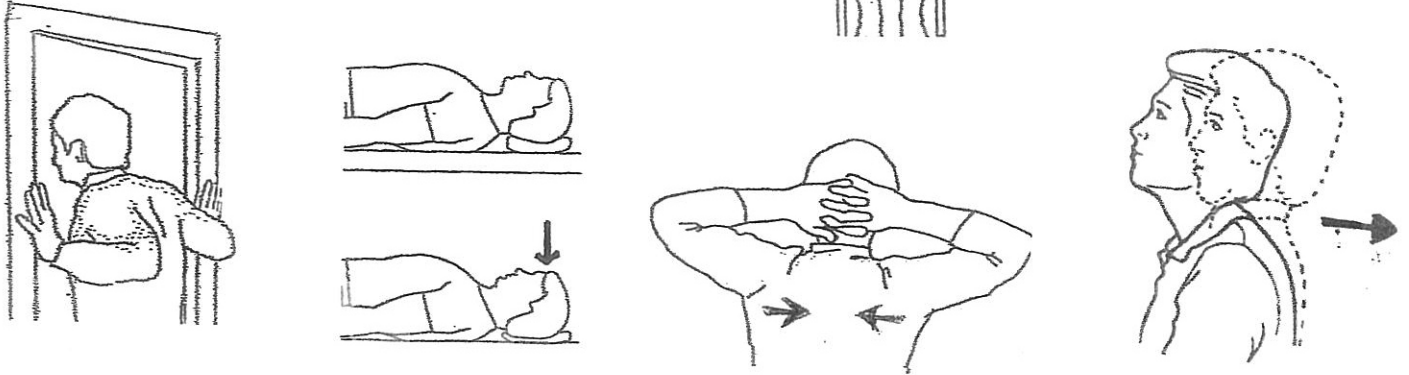
Resistance to opening

Resistance to protrusion

Resistance to lateral deviation



## Neck and Posture exercises -



**Self-distraction Mobilizations-** Place your thumb inside your mouth on your back molars; the fingers are wrapped around the jaw. Gently glide the jaw towards your toes with the hand that is on the molars. ( consult with your Physio before doing this )

**Self massage techniques-** for lateral pterygoid, masseter and temporalis. (consult your Physio on these techniques). These can be very effective. But require instruction.

### Do's -

- \* Breathe through your nose, not your mouth
- \* Rest your tongue against roof of mouth for greatest relaxation of jaw muscles
- \* Maintain good posture at all times. Avoid poking chin forward and slumping.
- \* Limit opening your mouth to a thumbs thickness when yawning, coughing, sneezing, singing.
- \* Cut your food into small pieces to prevent mouth from opening too wide. Choose a soft diet when your TMJ is sore.
- \* When in stressful situations utilize stress management techniques to prevent unproductive tensing of jaw/face/neck muscles. Check your jaw posture !

### Don't -

- \* Eat food that requires prolonged chewing ( bagels, tough meat, popcorn)
- \* Eat hard, crunchy food ( peanuts, corn nuts , apples , raw veggies )
- \* Chew on ice cubes or chew gum.
- \* Bite on food with front teeth
- \* Bite on fingernails , chew on pencils or bite your cheeks/lips
- \* Rest your jaw on your hand
- \* Clench or grind your teeth. KEEP YOUR LIPS TOGETHER BUT YOUR TEETH APART



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