



Burkhardt • Pecora orthodontics

TMJ (JAW JOINT) EXERCISES

1. Make a fist and place it directly under your chin. While keeping a slightly upward pressure on your chin, gently open your jaw as far as you can without straining the jaw joints. Hold for 5 seconds. Then release your fist, close your jaw and repeat this 10 times.
2. Move your jaw to the right as far as is comfortably possible, and then return your jaw to the center. Repeat this movement to the right and then back to center 10 times.
3. Now do the same motion with your jaw to the left and then back to center. Repeat this exercise 10 times.
4. Open jaw again (straight opening motion) and then close, but allow teeth to remain slightly apart with muscles relaxed.
5. Repeat the TMJ exercises throughout the day to stretch and relax the jaw muscles.