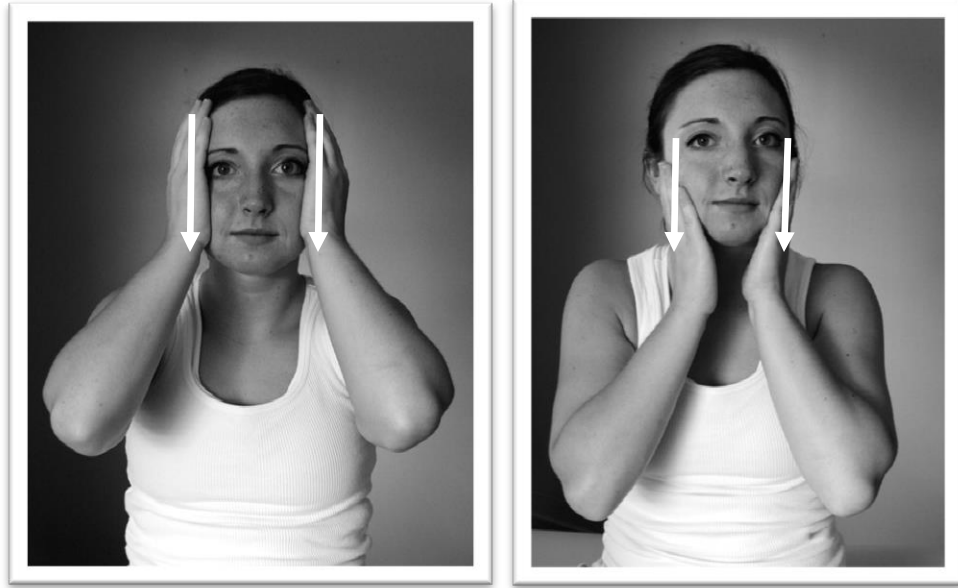


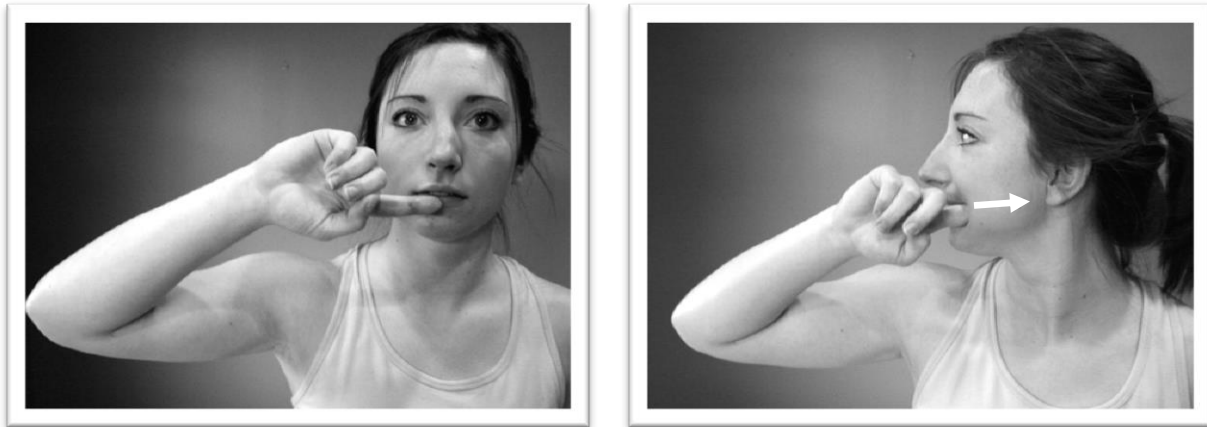
Jaw and TMJ Self-Stretch, Option 1



To aid in decreasing jaw and TMJ pain, this self-stretch is a great method to lengthen the soft tissue of the outer jaw musculature. Either of the above hand placements can be utilized. Try both, as you may find each gives you a different feel. You may find this stretch more comfortable if you have your elbows resting on a table. Also, using Dycem will improve your grip and sensitivity. Spend 4-5 minutes after each meal, or as directed by your therapist.

Disclaimer: The information provided above is intended for use in conjunction with a qualified health care professional. Please do not attempt these techniques yourself without proper instruction.

Jaw and TMJ Self-Stretch, Option 2



This stretch addresses tightness in the “pterygoid” muscle and the surrounding soft tissue, which are often tight and tender when jaw problems are present. Finger placement is crucial, as shown above. To treat the left side of the mouth, the right index finger is used, with the finger nail facing the teeth. If the finger nail is too long, you may wish to place a bandage over the tip and/or wear a surgical-type glove. The index finger is inserted into the mouth directly over the upper row of teeth. You will move the finger toward the back of the mouth until you encounter resistance in the tissue. You are keeping the finger nail in or near contact with the upper row of teeth. Resistance will most commonly be felt with the pad of the finger, which will be in contact with the inner aspect of the jaw bone, or mandible. You will be, in essence, improving the side-to-side shearing motion of the jaw region by performing this stretch. Hold your finger gently at the barrier as it softens, for 4-6 minutes, or as directed by your therapist. To perform the stretch on the right side of the jaw, reverse all of the above, using the left index finger. It is common for the area that you treated to feel somewhat sore after a self-treatment session. Assure that you keep your pressures light.

Disclaimer: The information provided above is intended for use in conjunction with a qualified health care professional. Please do not attempt these techniques yourself without proper instruction.