

# Exercises For Jaw Pain

In some cases, TMJ disorders go away on their own. If your symptoms persist, TMJ exercises may help bring pain relief. TMJ exercises shouldn't be done when you're in severe pain.

When doing TMJ exercises, start slowly. You may feel some pain at first, but it should be tolerable and gradually improve. If the pain isn't tolerable, consult your doctor.

You should do TMJ exercises when you're relaxed. If you do them when your muscles are tense, it may defeat the purpose.

If your pain worsens after doing TMJ exercises, make an appointment with your doctor.



## TMJ exercises are thought to help:

- strengthen jaw muscles
- stretch the jaw
- relax the jaw
- increase jaw mobility
- reduce jaw clicking
- promote jaw healing.

For exercises where frequency recommendations aren't available, ask your doctor or dentist for guidance.



## Relaxed jaw exercise

Rest your tongue and push up gently on the top of your mouth behind your upper front teeth. Allow your teeth to come apart while relaxing your jaw muscles.

## Goldfish exercises (partial opening)

Place your tongue on the roof of your mouth and one finger in front of your ear where your TMJ is located. Put your middle or pointer finger on your chin. Drop your lower jaw halfway and then close. There should be mild resistance but no pain. A variation of this exercise is to place one finger on each TMJ as you drop your lower jaw halfway and closed again. Do this exercise six times in one set. You should do one set six times daily.

## Goldfish exercises (full opening)

Keeping your tongue on the roof of your mouth, place one finger on your TMJ and another finger on your chin. Drop your lower jaw completely and back. For a variation of this exercise, place one finger on each TMJ as you completely drop your lower jaw and back. Do this exercise six times to complete one set. You should complete one set six times daily.



### Funky chicken

With your shoulders back and chest up, pull your chin straight back, creating a 'double chin'. Hold for three seconds and repeat 10 times.



### Resisted opening of the mouth

Place your thumb under your chin. Open your mouth slowly, pushing gently against your chin for resistance. Hold for three to six seconds and then close your mouth slowly.

