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## TMJ exercises for sore and clicking jaw joints

Exercises to prevent pain and clicking of the jaw joint.

The purpose of the exercise is to prevent clicking of the jaw, improve jaw joint function and improve mouth opening.

Set aside two five minute periods every day at a time when you are relaxed and have nothing on your mind.

One good time is just before you go to bed, another perhaps when you get home from school.

Sit upright in a chair and carry out the following manoeuvres:

1. Close your mouth on your back teeth, resting the tip of your tongue on your palate just behind the upper front teeth.
2. Run the tip of your tongue backwards on the soft palate as far back as it will go, keeping the teeth in contact.
3. Whilst forcing the tongue back to maintain contact with the soft palate, slowly open your mouth until you feel your tongue being pulled away from the soft palate. Do not try to open your mouth further. Keep it in this open position for five seconds and then close your mouth for five seconds.

4. Repeat this manoeuvre slowly over the next five minutes in a firm but relaxed fashion. As you open your mouth you should feel tension in the muscles at the back of your jaw and beneath your chin. For the first few times that you do the exercises you should check in front of a mirror that the lower teeth move vertically downwards - that is, there is not slight movement from side to side as you open your mouth.

If the exercises are being carried out correctly there will be no clicks or noise from the joints. If there is, you must be making some error in carrying out your exercise.

For the first week carry out this exercise only for the two periods suggested during the day. Thereafter do the exercises as often as you think about it.

If this exercise is carried out correctly and regularly, over a two to three week period, you will retrain your muscles so that your jaw opens and closes smoothly without clicks or jerks and any pain that you are experiencing will subside.



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