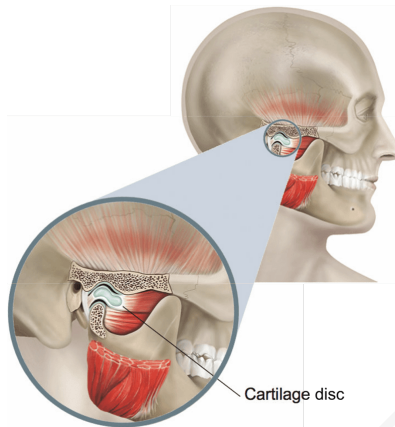







TEMPOROMANDIBULAR JOINT EXERCISES

The Temporomandibular Joint (TMJ) is the jaw joint located just in front of the ear. Inflammation of this joint caused by malignment of the muscles inserting into the joint can manifest as ear pain referred pain to the side of the head, face or jaw.



Perform these exercises 6x a day for at least 3 weeks to realign the muscles in this region
(They take one minute to complete. Don't give up, it takes several weeks to realign)

<p>1. Hold your tongue to the roof of the mouth with the tip of the tongue just behind the teeth and take six deep breaths.</p>	
<p>2. Hold your tongue to the roof of your mouth and open your mouth widely six times. Your jaw should not click.</p>	
<p>3. Press against your jaw with one finger on each side. Apply pressure evenly to both sides. Open the jaw very slowly and do not allow the jaw to click. If your jaw clicks, release and start again, opening more slowly. The pressure on each side should allow your jaw to open and close in correct alignment.</p>	
<p>4. Make a fist and place it directly under your chin. Balance the weight of your fist and press as you gently try to open your jaw. Try not to allow your jaw to click while performing this exercise. Hold for 6 seconds. Release and repeat 6 times.</p>	
<p>5. Press your fist against the left side of your jaw below the hinge and maintain a steady pressure. Hold for 6 seconds Release 6 times and repeat on the opposite side of your jaw.</p>	
<p>6. With one finger on chin, move chin back as if to make a double chin. You should feel a tightness at the back of your neck. Hold for 6 seconds. Release and repeat 6 times.</p>	