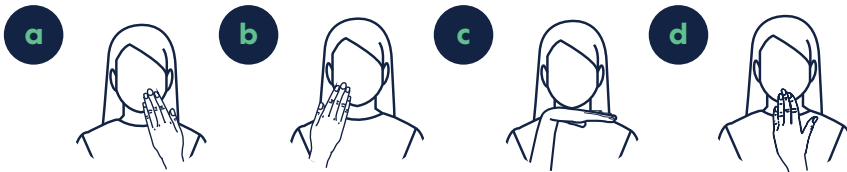


6 isometrics

Strengthen the muscles around the TMJ & increase stability.

- Place your hand on various places on the jaw, providing resistance from movement.

Reps Hold each position for 3-5 seconds, repeat 10x before switching positions.



To find out more about our movement approach to physical therapy, visit [movementforlife.com](https://www.movementforlife.com) or contact one of our convenient locations.

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Sources

- 1 Mayo Foundation for Medical Education and Research. (2018, December 28). TMJ disorders. Mayo Clinic. www.mayoclinic.org/diseases-conditions/tmj/symptoms-causes/syc-20350941.

TMJ pain relief

exercises & stretches to do at home



 **movement for life**
physical therapy

the temporomandibular joint (TMJ)

The TMJ acts like a sliding hinge, connecting your jawbone to your skull. You have one joint on each side of your jaw. TMJ disorders — a type of temporomandibular disorder or TMD — can cause pain in your jaw joint and in the muscles that control jaw movement.¹ It is a common location of pain most commonly due to poor posture, overuse, & stress. The following exercises can help you strengthen your TMJ to prevent pain.

1 resting position

Reduce pressure caused by clenched teeth.

- Mouth slightly open
- Lips gently together
- Teeth not touching
- Tongue gently resting on roof of mouth
- Slight chin tuck
- Shoulders gently pulled back

Reps As often as possible throughout your day.

2 chin tucks

Activate and strengthen deep neck flexors to provide improved posture & stability.

- Gently bring your chin straight back, as if you are giving yourself a double chin.

Reps 5 sets of 10 throughout the day

3

thoracic extension

Correct imbalances caused from poor posture.

- Option 1: Lie flat on your back for 5 minutes a day without a pillow.
- Option 2: In a sitting position, lean backward over the chair back.

Reps 5 minutes or 30 reps throughout the day

4

shoulder external rotation

Correct imbalances caused from poor posture.

- Hold a band* shoulder-width apart with palms facing up and elbows bent to 90 degrees.
- Slowly pull the band apart while pinching your shoulder blades together in the back. Remember to keep your shoulders relaxed/down and elbows next to your sides.

*This exercise can be done with or without a band.

Reps 3 sets of 20 reps throughout the day

5

jaw distraction stretch

Gentle stretch to relieve pressure.

- Place hands on either side of the jaw and relax your jaw as much as possible. Gently add pressure and pull down on your jaw until a light stretch is felt.

Reps Hold 10 seconds, repeat 10x, 3-4 times/day