



## REMEDIAL JAW EXERCISES

Give both jaw joints preliminary warmth with a protected hot water bottle applied to first one joint then the other for 5 minutes on each side before commencing exercises

### 1 – REFLEX OPENING EXERCISES

Partly open mouth against hand pressure on chin for 20 – 30 seconds, swallow to relax.

Then open smoothly and widely without deviation supporting both jaw joints with light finger pressure

### 2- LATERAL OPENING MOVEMENT

Support first the left jaw joint with fingers of the left hand and place the right hand against the side of the right jaw, open with a sideways swing to the right against firm pressure from the right hand.

### 3- LATERAL OPENING MOVEMENT (OPPOSITE SIDE)

Do the lateral opening exercise on the opposite side.

Do each exercise in turn and repeat the whole series 6 times, 3 times a day to begin with, then reducing gradually to twice a day, 3 times a week until completely free of pain.

\*Remember muscle can be coaxed but not driven