

Exercises to reduce the muscle pain caused by Temporomandibular Joint Pain Dysfunction Syndrome (TMJ/PDS)

- Success in treatment depends very much upon your cooperation. Please read and follow these instructions carefully.
- Give both joints preliminary warmth with a protected hot water bottle. Support your elbow on a fixed surface and then open your jaw one centimetre, (half an inch), against firm pressure from your fist for 20-30 seconds.
- Swallow to relax and then open your mouth smoothly, but not to widely in a straight line. At the same time support both joints with light finger pressure.
- Repeat the exercise six times. Initially do the exercise three times a day, and gradually reduce the frequency until free of pain.

REMEMBER

Avoid very hard food.

Avoid yawning at all costs. If you must yawn then do so with your teeth clenched and support your jaw from below.

If you still experience pain despite two weeks of exercises, tell your dentist. You may need to have a simple occlusal splint made to stop tooth grinding or clenching. This is normally worn while you are asleep (and sometimes even during the day when stress causes clenching).

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