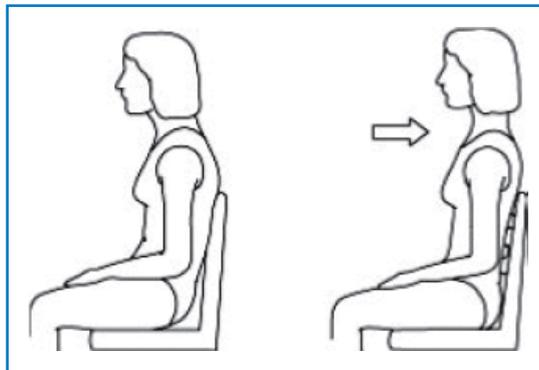


TMJ Exercises

Posture

Sit on a straight backed chair. First let your back relax and sit slightly rounded, then sit tall, lifting your chest and use your back muscles to straighten your back, this may arch it (not too much). Using a rolled up towel behind your low back can offer more support and help maintain this position. As shown in the picture, sitting tall places your head back on top of the shoulders, and place the jaw in a more mid position, rather than the lower jaw resting forward in the joint.



Relaxed Jaw Position

Have the lips together and the teeth slightly apart. Place the tongue as flat as you can on the roof of the mouth as when you say the letter “N” or like “clucking”. Try to breathe through the nose rather than the mouth. Do this regularly to relax the jaw. You could set an alarm or use an app designed to regularly remind you to improve the jaw position.

Avoiding Clenching ❌



Relaxed Jaw Position



Exercises

Improving Control

1. Place one finger on your jaw joint, to ensure there is no clicking.
2. Place another fingers on your chin and add pressure towards your chin, to avoid pushing your lower jaw forward excessively.
3. Slowly open and close your mouth, aim for the movement to be in a straight line and smooth.
4. Repeat approximately ten times. Try less or more depending upon your symptom response.



Variations

For some people, placing your tongue on the roof of your mouth can help improve control during this exercise.



To progress from this, remove the finger from your chin. Start with partial and progress to full opening removing finger on your chin.

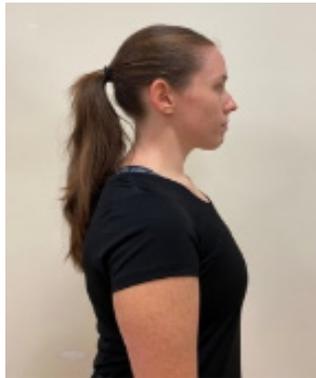


Isometric Stabilising Exercises

1. Start in the resting jaw position described above.
2. Place your thumb under your chin, try to open your mouth but stop yourself using your thumb. Hold for ten seconds and repeat until fatigue / you feel tired.
3. Place your thumb on the left side of your jaw, try pushing your jaw to the left, and stop yourself using your thumb. Repeat towards the right. Hold for ten seconds and repeat until fatigue / you feel tired.
4. Repeat 1-3 with your mouth partially open.

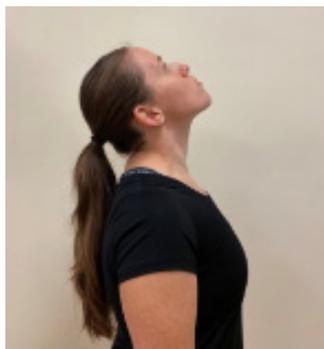


Neck Mobility Exercises



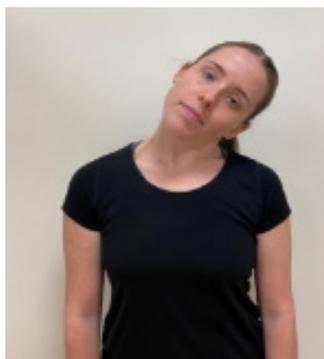
Cervical Spine Flexion

1. Sitting on a supportive chair, with your feet flat on the floor, knees bent to 90 degrees and hip distance apart. Sit up tall and gently draw your shoulder blades back and down.
2. Look down, gently taking your chin towards your chest. Keep the mid portion of your spine still, so the movement is purely coming from your neck.
3. Hold, then relax and return to the starting position
4. During this exercise you may feel a stretch at the back of your neck.



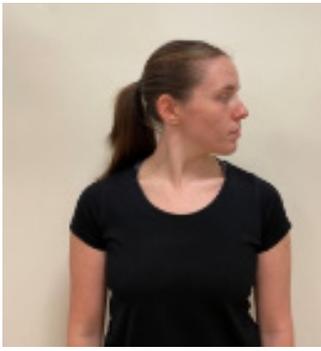
Cervical Spine Extension

1. Look up towards the ceiling and gently take your chin up towards the ceiling/ away from your chest. Keep your neck lengthened during the exercise and do not let your head sink downwards.
2. Hold, then relax and return to the starting position.
3. You may feel a stretch across the front of your neck.



Cervical Spine Side Flexion – Sitting

1. Sitting on a supportive chair, with your feet flat on the floor, knees bent to 90 degrees and hip distance apart. Sit up tall and gently draw your shoulder blades back and down.
2. Tilt your head left/right, taking your ear down towards your shoulder. Keep your shoulders relaxed throughout.
3. You may feel a stretch in your neck and shoulder muscles on the opposite side.



Cervical Spine Rotation - Sitting

1. Sitting on a supportive chair, with your feet flat on the floor, knees bent to 90 degrees and hip distance apart. Sit up tall and gently draw your shoulder blades back and down.
2. Gently turn your head to look left/right, towards your shoulder.
3. Hold, then relax and return to the starting position.
4. You may feel a stretch in the neck and shoulder muscles opposite to the direction you head turned.

Repeat each movement approximately five - ten times. Try less or more depending upon your symptom response.



Chin Tucks

1. Looking straight ahead, poke your chin forwards in front of you.
2. Slowly reverse the movement, tucking your chin inwards, as though you are closing the top draw of a filing cabinet. Ensure you are looking straight ahead. Hold for ten seconds and repeat until fatigue / you feel tired



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If you have any comments about this leaflet or the service you have received you can contact :

Physiotherapy Department
Huddersfield Royal Infirmary

Telephone No: 01484 342434

Booking Office 01484 728941

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

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اگر آپ کو یہ معلومات کسی اور فارمیٹ میں چاہیں یا زبان میں درکار ہوں، تو
برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة
مختلفة فيرجى منك الاتصال بالقسم المذكور أعلاه"