

Home Instructions – Temporomandibular Joint / Muscle Dysfunction

We have begun to treat your temporomandibular joint / muscle dysfunction. Our success will depend in large part upon the way you treat these injured areas. The following instructions will greatly enhance the correction and healing of the affected areas.

- ◆ For the next few months, be sure to cut all foods into bite-sized pieces and try to avoid opening your mouth any wider than the thickness of your thumb.
- ◆ Do not eat hard crusts of bread, tough meat, raw vegetables, or any other food that will require prolonged chewing.
- ◆ Avoid using chewing gum during this period of treatment.
- ◆ Be sure not to protrude your jaw, as you must do when biting off a piece of thread.
- ◆ Do not bite any food with your front teeth.
- ◆ If you wear lipstick, do not bring your jaw forward when applying it.
- ◆ Avoid protruding your jaw during any other activities: smoking, conversation, etc.
- ◆ Make every effort not to strain your ligaments unnecessarily.
- ◆ Should you find yourself clenching your teeth together, try to remember to keep your “ Lips together and Your Teeth Apart”
- ◆ Try to sleep on your back. Avoid sleeping on your jaw.
- ◆ These few simple rules can easily allow you to modify your diet and to avoid such jaw movements that might re-injure your joints, muscles or ligaments.
- ◆ If you have any questions, problems or concerns, please contact our office. Your well-being is our primary concern.

TMJ Home Therapy

Remove rubber bands

- ◆ 5x / day for
- ◆ 15 minutes
- ◆ 30 minutes
- ◆ Leave appliance in, except to clean
- ◆ It is OK to remove the appliance as well

Diet

- ◆ Liquid diet
- ◆ Soft chew Diet
- ◆ Chew gently, only up and down. No side to side
- ◆ Side to side chewing Ok

Regular Chew Diet

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When eating the appliance is in the mouth not out

- ◆ Exercises
- ◆ 20 reps, 5x a day
- ◆ Open and close
- ◆ Forward and back
- ◆ Active stretch open (thumb and index fingers)

Only after joints have healed

- ◆ Move left and right

Clenchers

- ◆ Resistance opening (fist under the chin and open the mouth under resistance.)