



TMJ (temporomandibular joint) Jaw Exercises

The masseter muscle is used for chewing and jaw clenching. Muscle over use from teeth grinding and jaw clenching causes the muscles to become tense, inflamed and very painful.

When the jaw muscles are overly tight or imbalanced, manual therapy works well to help restore normal muscle tone and balance between the TMJ muscles.

Massage through gently kneading the muscle will relax the muscles. After the kneading with fingertip pressure over the area to identify the muscles. Kneading aids unravel of the miss aligned muscle fibres and provide relief.

TMJ exercises

To keep the jaw muscles mobile and flexible, you can perform jaw exercises. These exercises stretch, strengthen and relax the muscles of the jaw:

Lower Jaw Side-to-Side

1. Starting position lips together and facial muscles relaxed
2. Move your lower jaw to the right side and hold for a count of 5
3. Return to the Starting position hold for a count of 5
4. Move your lower jaw to the left side and hold for a count of 5
5. Return to the Starting position hold for a count of 5
6. Repeat 3 times per side twice per day
7. As the stretch becomes easier, increase the repeats to 10 and the counts 15.



Lower Jaw Resistive Opening

Place an exercise band around your head to provided resistance for downward movement of your chin.

1. Starting position mouth closed
2. Attempt to open your mouth
3. Hold for a count of 5.
4. Relax and close the mouth for a count of 5





5. Repeat 5 times per set.
6. One set per session.
7. Complete twice daily.
8. As the stretch becomes easier, increase the repeats to 10 and the counts 15.

Lower Jaw Mobilisation

Make a compressible wedge by rolled or folded facecloth

1. Insert the compressible wedge in between the teeth
2. Bites onto the wedge and hold for count of 5.
3. Relax and close the mouth for a count of 5
4. Repeat 5 times per set.
5. One set per session.
6. Complete twice daily.
7. As the stretch becomes easier, increase the repeats to 10 and the counts 15.



The mobilisation exercise can be repeated with iay larger wedges as TMJ movement causes less discomfort.

Figure of eight Jaw Exercises

1. Sit in a chair with an upright posture
2. With the jaw in the resting position
3. Move the jaw to replicate a sideways figure of eight or a camel's chewing motion.
4. Repeat 5 times in a clockwise direction.
5. Repeat 5 times in an anti-clockwise direction.
6. Repeat 5 to 8 times a day. •
7. Increase the number of repetitions to each side up to 10 reparations a day.



Don't neglect your Neck, Shoulders and Chest

The neck and the jaw have a strong working relationship. **TMJ** syndrome cannot only involve the jaw muscles it can involve **neck chest and shoulders** muscles as well. Jaw exercises should be accompanied by neck chest and shoulders exercises as well, mobilisations and heat can help your jaw and neck chest and shoulders.



Therapi Tylino Lockdown Stretches



The neck chest and shoulders can affect the neck and reflect on the jaw

Neck - <https://therapitylino.co.uk/blog/lockdown-exercises-neck>

Chest - <https://therapitylino.co.uk/blog/lockdown-exercises-chest>

Shoulders - <https://therapitylino.co.uk/blog/lockdown-exercises-shoulders>