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TMJ Regimen

1. Warm, moist washcloth or heating pad to TMJ area for 10 minutes
2. Massage for 10 minutes
3. Apply cold pack (ice in towel) to TMJ area for 10 minutes
*****Complete Steps 1-3 Four Times a Day*****
4. Soft Diet
5. No Gum Chewing

TMJ Exercises

Complete each of these exercises 100 times a day. If you experience pain with any of these exercises, do not continue that specific exercise.

1. Open, close, bite
2. Open mouth against pressure from your hand placed under your chin
3. Close mouth against pressure from your hand placed under your chin
4. Move jaw to left, then move it back to right against pressure from your right hand
5. Move jaw to right, then move it back to left against pressure from your left hand