

### TMJ Home Exercises

#### **Controlled Opening**

- Place the tongue on the back of the roof of the mouth. Let the mouth roll open slightly while keeping the whole tongue securely on the roof of the mouth. Hold for 5 seconds and then slowly allow the mouth to close.

#### **Isometric Opening**

- Place 2 fingers underneath the chin. Gently press into the fingers by making the motion as though you were going to open your mouth. You will push back with the fingers to provide resistance so that neither one moves.

#### **Self Masseter Trigger Point Release**

- Find the place half way in between your ear and your mouth. You will notice that this is where the “cheekbone” dips in. With 1 or 2 fingers press firmly into this area and hold for 30 seconds.

#### **Jaw Relaxation Technique**

- Just in front of your ear and 1 cm below start with your fingers pressed against your face. Pull with moderate force slowly down towards your mouth. The key is to make sure you do this very slowly.

#### **Active Protrusion**

- Lay on your back and try to raise the lower jaw bone up in the air. Do not let your mouth roll open.

#### **Rhythmic Stabilization**

- Sit with your mouth slightly open so that the teeth are not touching. Place a finger on each side of your lower jaw bone. Attempt to press your jaw toward the right side but press back with your finger so no movement happens. Repeat this exercise on the opposite side.

**DAVID ROSS**<sup>®</sup>  
**ORTHODONTICS**  
ALIGNING HAPPINESS<sup>™</sup>

