

Daily Log for TMD Self Care Action Plan

In this first lesson, self-care of TMD is most important. Use this log to track practicing your TMD self-care. First, review your self-care plan first thing in the morning. Then, at the end of the day, write down when you do the self-care, take a PAUSE, or practice CALMING

Name:		Date:						
Pain Site:		Pain start of week (0-10):			Pain end of week (0-10):			
Did you accomplish the goal								
What to do	How to	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Pain-free soft diet (10 min)	Soft diet for TMD Low sugar High fruit, vegies Fish, chicken							
Heat, cold and massage	Apply moist heat Apply ice pack Massage trigger points							
Jaw posture	Teeth apart Tongue up Jaw relaxed							
Reduce oral habits	Touching teeth together Clenching or grinding Jaw bracing Tongue thrust Others							
Jaw stretching	2 finger stretch 2 knuckle stretch 3 finger stretch							
Restful sleep (20 min)	Exercise during day No caffeine before bed Quiet dark, & cool room Comfortable firm bed							
PAUSE (# per day)	Check-in on body Notice strain Teeth apart Tongue up Jaw relaxed							
CALMING (10 min)	Calm self Focus eyes on spot Deep breath Breath in "I am....." Breath out "...relaxed"							
Over-the counter Medications	Ibuprofen Aspirin Tylenol							