

## TMJ Pain - Supportive Care & Stretching

TMJ (temporomandibular joint) discomfort is common and often improves with simple self-care and gentle movement. This handout includes exercises to help reduce tension, improve jaw mobility, and ease pain.

- **Eat soft foods** and avoid chewy, crunchy, or wide-opening bites during flare-ups.
- **Apply warm compresses** to the jaw muscles for 10–15 minutes before stretching.
- **Avoid clenching or grinding** during the day; remind yourself to relax your jaw.
- **Stretch gently** 1–2 times daily — no pain should occur with these exercises.
- Seek care if symptoms worsen or if you experience joint locking, clicking with pain, or significant asymmetry in motion.

**On the next pages, you'll find simple stretches designed to reduce stiffness, improve mobility, and support your TMJ pain recovery.**

Take your time, breathe through each stretch, and focus on gentle, controlled movement. **Start with the ones that feel easiest, and gradually work your way through the full routine 1–2 times daily.**

# Resisted Jaw Opening



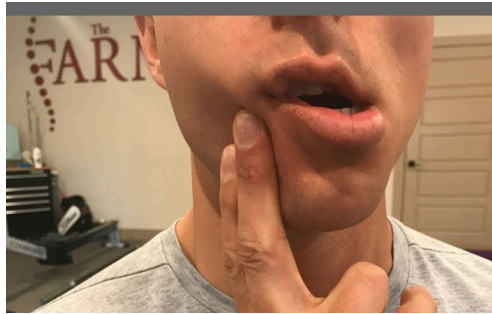
- Sit upright with good posture.
- Place your thumb underneath your chin.
- Slowly try to open your mouth while gently pressing up with your thumb to resist the motion.
- Hold for 5 seconds, then relax your jaw.
- Repeat 5–10 times, 1–2 times per day.

# Chin Tucks



- Sit or stand tall with your shoulders relaxed
- Gently pull your head straight back (like you're making a double chin), keeping your eyes level
- Hold this position for 3–5 seconds, then relax
- Repeat 10 times, 1–2 times per day

# Lateral Jaw Stretch (Isometric)



- Place two fingers against one side of your jaw
- Try to move your jaw sideways into your fingers without actually letting it move
- Hold the resistance for 5 seconds, then relax
- Repeat on the opposite side
- Perform 5 repetitions per side, 1–2 times per day

# Controlled Jaw Opening



- Keep your tongue on the roof of your mouth (just behind your front teeth)
- Slowly open your mouth as wide as you can without pain, keeping the tongue in contact with the roof of your mouth
- Pause briefly at the bottom, then slowly close your mouth
- Repeat 5–10 times, once or twice daily