

## TMJ and Muscle Exercises

- Very often patients find that they are unable to close their teeth completely in the morning immediately after removing the appliance. This is normal and is due to a temporary jaw joint change. This will generally resolve within 10 or 20 minutes on its own as the joint drifts back into normal position. After several minutes, jaw exercises are helpful to re-establish joint position and proper tooth contact. This can be accomplished with the exercises listed below, and the AM Positioner.
- Refer to the attached **Isometric Exercises pictures** for additional jaw exercises.
- Please feel free to call the office anytime you have a concern that you feel needs personal attention by Dr. Menning or the staff. Please let us know immediately if you have jaw pain, difficulty closing your teeth together, or if you cannot wear your appliance for any reason. Oral appliances are only effective when worn, so it's important that you wear your dental device every night.

### Exercises:

1. With the teeth slightly apart, move the lower jaw as far as possible to the left (hold 3-5 seconds) and then to the right (hold for 3-5 seconds). Complete 10 times in the morning and 10 times in the evening (as close to bedtime as possible).
2. Tilt the head back far enough that you are looking up at the ceiling and slightly separate the teeth.
  - Begin by touching the tip of the tongue to the back of the upper front teeth, then move the tongue tip backward from the front teeth to the hard palate and then to the soft palate, keeping it in contact with the tissue as far back onto the soft palate as possible. Then open as wide as possible, keeping the tongue tip in contact with the soft palate as far back as possible (hold for 5 seconds). Complete 10 times in the morning and 10 times in the evening (as close to bedtime as possible).
3. With the teeth lightly closed, open quickly to a finger-width distance between the teeth. Repeat 15 times in the morning and 15 times in the evening.
4. Place the tip of the tongue against the back of the two upper front teeth at the gumline. Open as wide as possible while keeping the tongue tip in contact with the back of the

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two upper front teeth (hold for 5 seconds). Relax and then repeat the stretch 10 times in the morning and 10 times in the evening (as close to bedtime as possible).

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