

Only do the items with a ✓

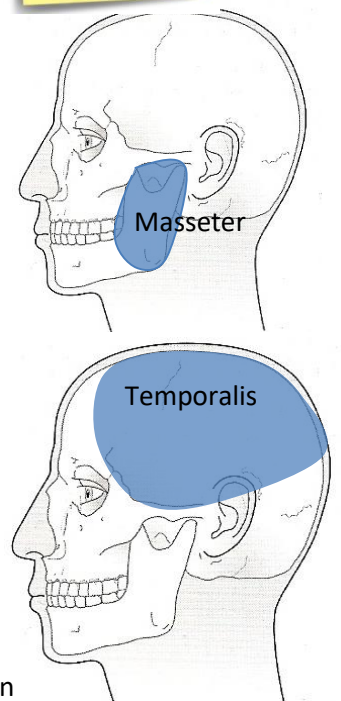
## Behavioral Modification

- Avoid overloading your jaw
  - Avoid excessive jaw function
    - Avoid hard food, gum
    - Cut hard and tough food into small pieces
    - Chew with back teeth on both sides
    - Eat smaller meals more frequently
      - Use ACT fluoride rinse to offset cavity risk when eating more frequently
  - Jaw in relaxed position
    - Put sticky notes around your home and workplace to remind yourself to check if you are clenching. When you catch yourself, ask yourself “what was it that made me clench?” Then you have 3 options, starting with the best:
      1. Eliminate it
      2. Mentally relax
      3. Physically relax



## Exercises

- Self massage
  - Use slightly more pressure than initial pain
  - Masseter Muscle
    1. Index, middle, and ring finger over muscle, outside of mouth  
Thumb touches muscle from within mouth  
Roll muscle,  
OR...
    2. Small ovals from outside mouth  
Find painful area and knead for at least 1 minute, every hour
  - Simultaneously, gently open widely, but not to the point of pain
    - 5 second stretch
    - 10 second relax
    - Repeat
  - Temporalis Muscle
    1. Slight circular motion with 3 fingers, OR...
    2. One finger to painful area for 10 seconds
  - Simultaneously, gently open widely, but not to the point of pain
    - 5 second stretch
    - 10 second relax
    - Repeat



- Warm compress
  - Warm up a microwavable compress
  - Hold to painful area 20 minutes (reheat as necessary), 3-5 times a day (but at least once daily)
    - Gently open widely (without significant pain) for 5 seconds, every minute
- Cold compress
  - Stroke painful area with freezer pack (ideally, a gel pack) until onset of numbness.
  - Reapply ice when no longer numb.
  - Perform the above for 10 minutes. Repeat 3-5 times a day (but at least once daily)
    - Gently open widely (without significant pain) for 5 seconds, every minute
- Jaw Stretching
  - Method 1
    - Slowly open until initial pain
    - Open a little further with finger scissors. Hold for 1 minute. Repeat 6 times
    - Perform the above every 2 hours
  - Method 2
    - 2 minimal mouth openings
    - Gentle, slow maximum opening without causing extreme pain. Hold 5-10 seconds.
    - Repeat 3 times, every 1-2 hours
- Neck Stretching
  - Bend head and ear to shoulder, using mild stretching; Hold 10-15 seconds
  - Repeat 3 times every 1-2 hours
- Coordination exercises
  - Open and close 20 times slowly. Repeat 3 times a day
    - Finger on joints to feel coordinated movement
    - Jaw follows vertical line
  - Move jaw side-to-side (while teeth slightly apart) 20 times slowly. Repeat 3 times a day
- Mobilization
  - Without reduction
    - Sideways, forward, and opening movements to point of resistance
    - Place clothespin on molars (same side as stuck joint), gently stretch open 1 mm
    - Hold 5-10 seconds; repeat 3 times a day
  - With reduction
    - Exercises after capturing disc



○ Exercise Regimen for TMJ Arthritis

Posture	
Relax and lower Shoulders	
Relax: lower Jaw, Tongue Make "M" sound	Make sure teeth don't touch
Exercises	
<i>Do each exercise 10 times per session.</i>	
<i>Do 2 sessions per day.</i>	
1. Small, relaxed jaw movements: Up & Down Side-to-Side	Warms up muscles Make sure teeth don't touch
2. As widely as possible, without discomfort:	

Open & Close Forward, then back again To the side, relax; to other side, relax	
3. Do exercise 4 against resistance Stay at each extreme point for 3 seconds	Use fist below chin to resist opening Use thumb against chin to resist side-to-side and forward movement
4. Open as widely as possible Resist closing with finger on front lower teeth Hold this for 3 seconds	
5. Open as widely as possible Stretch further by finger force against upper and lower front teeth	
6. In mirror, move jaw straight Up & Down Avoid deviations	Also avoid movements that produce click or lock
<b>Relaxation</b>	
Rest on your back 5-10 minutes	

- <http://www.osha.gov/SLTC/etools/computerworkstations/index.html>
- Ibuprofen \_\_\_ mg, \_\_\_ times a day, regardless of whether you have pain, for \_\_\_ weeks.  
After \_\_\_ weeks, stop medication for 1 day. If pain returns, repeat another \_\_\_ weeks.