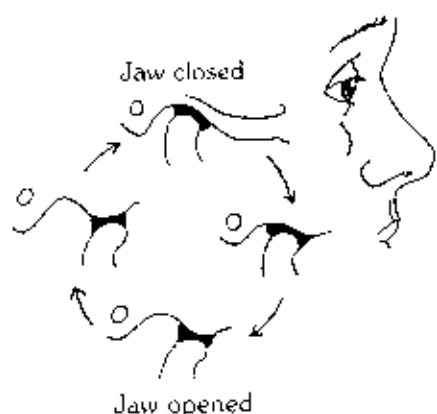


TEMPOROMANDIBULAR JOINT (TMJ)

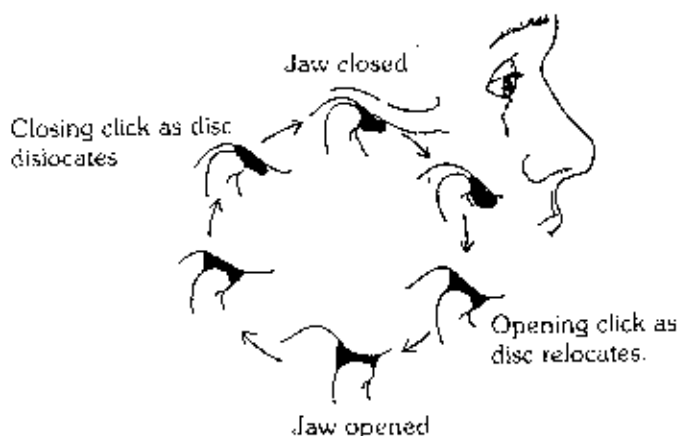
by Steven L. Kraus, P.T. Clinical Education Association Atlanta, GA

GENERAL INFORMATION

TMJ disorders most often involve inflammation, swelling, and/or disc dislocation within the joint, with associated muscle tension. It is important to learn to relax and coordinate the muscles of the head, neck, and jaw, so not to compress/overload the TMJ.



Normal position of disc during opening and closing of the jaw.



One of the more common TMJ disorders is an anterior disc dislocation that reduces. The disc reduces on opening of the jaw, at the point of the opening click. The disc dislocates on closing, at the point of closing click.

STRESS/PAIN MANAGEMENT

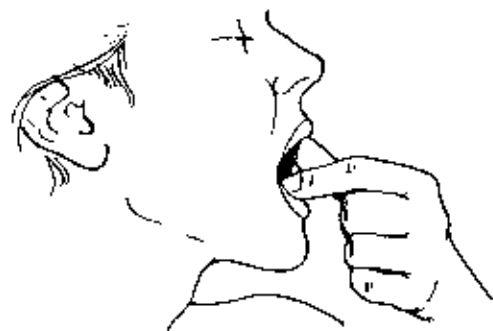
- Keep tongue up.
- Keep teeth apart.
- Breathe from diaphragm.
- Maintain good head/neck posture during sleeping, sitting, and standing.

- Do not open jaws wide such as during yawning.
- Do not clench teeth.
- Follow your physical therapist/doctor's advice on the use of heat, ice, exercises, etc.

HYPOMOBIILITY EXERCISES

- Hypomobility - restricted jaw movement due to capsular and/or muscle tightness.
- Post surgery patients may require some modifications to these exercises.

- Your physical therapist/doctor will inform you about using heat/ice before, during or after the exercise.
- **THESE EXERCISES SHOULD BE DONE ONLY UNDER THE DIRECTION OF YOUR PHYSICAL THERAPIST AND/OR DOCTOR.**

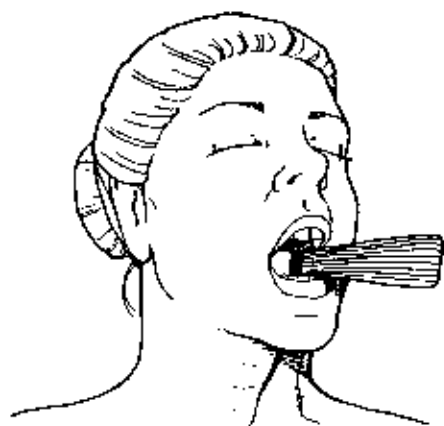


With thumb and finger on the edge of top and bottom teeth, open wide while gently pushing mouth open with fingers. When tightness is felt, relax and repeat _____ times _____ times a day.



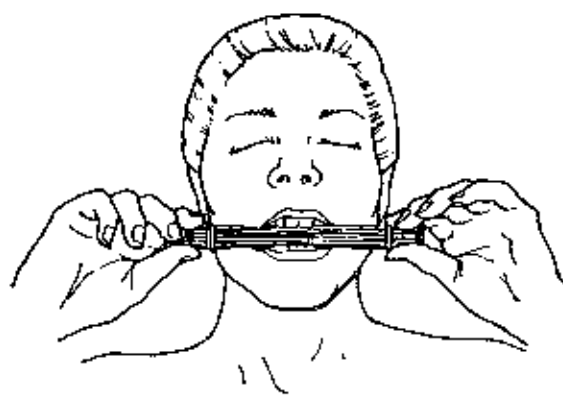
Open jaw to point of tightness. Attempt to close mouth while applying very light resistance with index finger. No movement of jaw should occur. Relax and repeat _____ times _____ times a day.

HYPOMOBILITY EXERCISES



With mouth open to point of tightness. Place tongue blades on back molars to prop mouth open. As the jaw relaxes, add one blade at a time until tightness is felt. **DO NOT** reach the point of pain.

_____ minutes _____ times a day



With 5-7 tongue blades between teeth, slide jaw forward and back to starting position. Helps to restore the gliding movement to your TMJ.

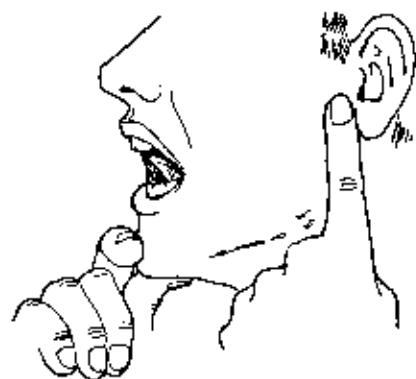
_____ times _____ times a day

HYPERMOBILITY EXERCISES

- Hypermobility - jaw opens too wide and/or jaw movements are uncoordinated.
- Hypermobility can hinder the management of TMJ or muscular problems.

• THESE EXERCISES SHOULD BE DONE ONLY UNDER THE DIRECTION OF YOUR PHYSICAL THERAPIST AND/OR DOCTOR.

- Do only the exercises prescribed to you.



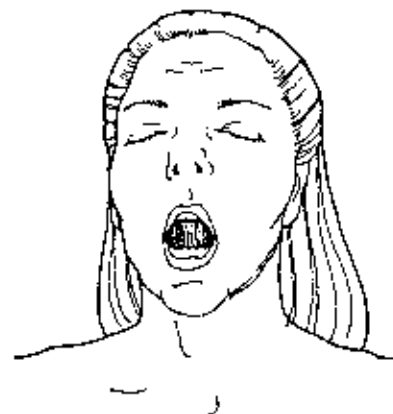
Locate the bony landmark on the TMJ, just in front of your ear. When opening and closing **DO NOT** let bony landmark move forward. If it does, lightly touch the tip of your chin. **DO NOT** push on chin. If it still moves, place your tongue against the top of your mouth. Work toward being able to open and close first with tongue down and then with fingers away.

_____ times _____ times a day



Tongue up, gently press chin in all directions, applying only **minimal force**. Helps to coordinate the muscles to contract/relax and provide more stability to the TMJ's.

_____ times _____ times a day



Open and close mouth quickly, keeping tongue against top of mouth. This exercise will help to coordinate and relax jaw muscles.

_____ times _____ times a day

To decrease the amount of stress to the TMJ's during yawning, yawn keeping tongue against top of mouth. This restricts opening to mid range.

RECOMMENDATIONS:

COMPLIMENTS OF:

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