TMJ Exercises

The exercises listed below are designed to relieve TMJ discomfort. Perform each exercise on the list in sequence, this will take about 1 minute to do. These exercises should be done several times a day.

1. Place tongue on the roof of your mouth, position the tip of your tongue just behind your teeth and then take 6 deep breaths.
2. Keep your tongue on the roof of your mouth and open and close your mouth 6 times.
3. Keep your tongue on the roof of your mouth and place 2 fingers on your chin and open your mouth while pressing gently on your chin to provide slight resistance, do this 6 times, then place your fingers on both sides of your jaw and open 6 more times.
4. Place hands behind your neck and bend chin down as if you are nodding, repeat 6 times.
5. Move chin down and back as if making a double chin, repeat 6 times.
6. Correct your posture by lifting your ribs and chest upward while squeezing your shoulder blades together, repeat 6 times.