



POSTOPERATIVE TMJ EXERCISES STAGE I

ADVANCED AESTHETIC CENTER FOR
ORAL AND MAXILLOFACIAL SURGERY

ALL EXERCISES ARE TO BE DONE THREE TIMES PER DAY AT 20 REPETITIONS PER TIME. EXERCISES SHOULD BE DONE SLOWLY AND COMFORTABLY. ALLOW THE JAW TO MOVE TO THE POINT OF TENSION AND SLIGHT DISCOMFORT. DO NOT ALLOW ANY OF THE EXERCISES TO BE DONE SO STRONGLY AS TO CAUSE SHARP PAIN.

1. VERTICAL OPENING

TUCK YOUR TONGUE ONTO THE ROOF OF THE MOUTH INTO A "PUNCHING BAG" POSITION. OPEN TO ONE (1) FINGERBREADTH OR AS FAR OPEN AS COMFORTABLE WITHOUT DISENGAGING YOUR TONGUE FROM THE ROOF OF YOUR MOUTH.

2. RIGHT LATERAL MOVEMENT (RIGHT EXCURSION)

MOVE THE JAW TO THE RIGHT SIDE UNTIL THE CANINE TEETH LINE UP OR YOUR DENTAL MIDLINE MOVES ONE TOOTH TO THE RIGHT.

3. LEFT LATERAL MOVEMENT (LEFT EXCURSION)

SAME AS RIGHT LATERAL MOVEMENT, EXCEPT MOVEMENT IS TO THE LEFT.

4. PROTRUSION (JAW FORWARD)

BRING LOWER JAW FORWARD UNTIL LOWER TEETH LINE UP WITH UPPER TEETH. IF YOUR BITE ALREADY EXHIBITS THE LOWER TEETH LINED UP WITH UPPER TEETH, THEN MOVE THE LOWER JAW FORWARD 3-4 MILLIMETERS.

5. ISOMETRICS IN NEUTRAL

TOUCH TONGUE ON THE ROOF OF THE MOUTH OR "PUNCHING BAG" POSITION. HAVE THE TEETH SLIGHTLY APART. USING YOUR HAND, GENTLY RESIST THE MUSCLES THAT OPEN THE JAW, CLOSE THE JAW, BRING THE JAW TO THE RIGHT LATERAL SIDE AND LEFT LATERAL SIDE AND INTO THE PROTRUSION MOVEMENT. IN THIS EXERCISE WE ARE JUST RESISTING THE MUSCLES THEMSELVES, BUT NOT ALLOWING ANY MOVEMENT OF THE JAW.