



ADVANCED AESTHETIC CENTER FOR
ORAL AND MAXILLOFACIAL SURGERY

POSTOPERATIVE TMJ EXERCISES STAGE II

AFTER TMJ SURGERY IT IS VERY IMPORTANT TO START MOVING AND EXERCISING THE JAW. THESE EXERCISES SHOULD BE DONE GENTLY AND STARTED WHEN INSTRUCTED BY YOUR DOCTOR. THE GOAL OF STAGE II EXERCISES IS TO ACHIEVE A JAW RANGE OF MOTION WHICH REACHES THAT OF NORMAL JAW FUNCTION.

ALL EXERCISES ARE TO BE DONE THREE (3) TIMES PER DAY TIMES, TWENTY (20) REPETITIONS. 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

THE GOAL OF OPENING IS TO BRING THE JAW TO 35-40 MILLIMETERS OF OPENING OR TO OPEN AT LEAST UP TO A TWO (2) KNUCKLE-BREADTH DISTANCE. THERE ARE THREE (3) SECTIONS OF THIS EXERCISE WHICH ARE ORDERED BY INTENSITY OF STRETCH. ALL EXERCISES, AGAIN, SHOULD BE DONE GENTLY, EASILY, AND TO CAUSE A LIGHT STRETCH, BUT SHOULD NOT BE DONE TO A SHARP OR "RIPPING" SENSATION.

- A) CONTRACT - RELAX:
OPEN MOUTH AS FAR AS YOU CAN COMFORTABLY. USING YOUR HAND, TRY TO RESIST OPENING AND CLOSING. THEN TRY TO OPEN A LITTLE FURTHER. REPEAT EXERCISE.
- B) HOOK - PULL:
HOOK YOUR INDEX FINGER AROUND YOUR CHIN, OPEN AS WIDE AS YOU CAN, THEN GIVE A GENTLE PULL WITH FINGER DOWNWARD. REPEAT EXERCISE.
- C) PRY BAR:
PLACE THE PAD OF YOUR THUMB ON THE CUTTING EDGE OF YOUR UPPER FRONT TEETH AND THE PAD OF YOUR MIDDLE FINGER ON THE CUTTING EDGE OF YOUR FRONT LOWER TEETH. GENTLY PRY YOUR MOUTH OPEN UNTIL YOU FEEL RESISTANCE WITHOUT PAIN. OPEN SLIGHTLY FURTHER UNTIL YOUR JAW HURTS. HOLD THIS POSITION FOR A COUNT OF TWO (2) AND RELEASE THIS OPENING WHILE RETURNING TO THE OPENING AT WHICH YOU WERE BEFORE RESISTANCE WAS MET. REPEAT EXERCISE.

2. SIDE MOVEMENTS (EXCURSIONS)

TO ASSIST LEFT DEVIATION USE RIGHT HAND TO PUSH JAW TO THE LEFT, AND THE LEFT HAND TO ASSIST JAW GENTLY TO THE RIGHT. USE THE RIGHT THUMB ON THE UPPER LEFT JAW TEETH ON THE CHEEK SIDE WHILE PLACING THE LEFT INDEX FINGER ON THE LOWER RIGHT JAW TEETH ON THE CHEEK SIDE. SQUEEZE FINGERS TOGETHER TO MOVE THE JAW TO THE LEFT WHILE KEEPING YOUR JAW SLIGHTLY OPEN. HOLD FOR A COUNT OF TWO (2) AND RELAX THE JAW. REPEAT EXERCISE. SWITCH HANDS, AND DO THE SAME TOWARDS THE OTHER SIDE.

3. PROTRUSION

MOVE YOUR JAW FORWARD AS FAR AS YOU CAN, BRINGING THE JAW PAST THE UPPER TEETH TO LOWER TEETH POSITION AS FAR AS YOU CAN COMFORTABLY. STRIVE TO MOVE YOUR LOWER TEETH 3-4 MILLIMETERS PAST YOUR UPPERS.