



Physical Therapy for Tempromandibular disorder (TMD)

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The purpose of this therapy is to “train” your lower jaw to function freely and without pain. Many situations cause the malfunction of your lower jaw. Examples are accidents; surgery; developmental defects; peculiar oral habits; numerous fillings placed over many years; orthodontics; stress; bruxism (Clenching or grinding of the teeth); and other conditions.

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The following treatment will usually relax the jaw muscles considerably if you are consistent in carrying out the exercise. Approximately 80% of patients with muscular jaw problems feel better when doing this therapy.

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These exercises should be accomplished one time per day (unless directed otherwise). As with any therapy, you must be consistent.

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Therapy.

A. Heat. Apply heating pad, hot washcloth, hot water bottle. Or other heat source to the affected area for five (5) minutes.

B. Exercise. Carry out the following exercises for one (1) minute each a total of five (5) minutes.

1. Open close place fist under front of jaw to resist opening movement. Do not cause pain. Be gentle. Open and close jaw 30 times in one minute.

2. Forward. Move jaw forward and back with fist on front of chin.

3. Right. Move jaw to right with fist on right front of chin to resist movement.

4. Left. Move jaw to left with fist on left front of chin to resist movement.

5. Neck-Turn. Sit up very straight, Rotate head as far right as possible and gently force turn once every two (2) seconds for 30 seconds. Turn head left and repeat.

C. Heat. Apply heat for another five (5) seconds

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Further treatment such as a plastic bite splint to assist in making you bite in the correct position (an Occlusal splint), or slight, careful trimming of teeth and fillings to make your teeth and jaws come together correctly. Occlusal equilibration may be needed to assist in your treatment.