



GP Dental

excellence in dental care

REMEDIAL JAW EXERCISES

Opening Exercises:

1. Form a fist with one hand and place it directly underneath your chin with your forearm perpendicular to the ground (upright).
2. With your teeth slightly apart try to open your jaw whilst applying an upward pressure with your fist for 15 seconds.
3. Remove your hand and open widely
4. Repeat this exercise 5 times.

Lateral Exercises:

1. Form a fist with your right hand and place it directly against the right side of your lower jaw with your forearm parallel to the ground (horizontal).
2. With your teeth slightly apart, swing your lower jaw to the right while applying pressure with your fist in the opposite direction.
3. Remove your hand and swing the jaw smoothly as far as you can.
4. Repeat 5 times
5. Change hands and repeat the above exercise 5 times, this time swinging your jaw to the left.

Repeat the above set of exercises 3 times a day for 3 weeks

IMPORTANT:

- Like all muscular exercises, you may experience some discomfort whilst performing these exercises. If the discomfort is significant, apply a hot pack over the jaw before and after doing the exercises.
- Expect in the first week that the discomfort and stiffness may be worse and then should gradually improve to restore your comfort and function.
- Perseverance is the key!

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