

What Are the Symptoms of TMJ?

- Pain or tenderness of your jaw
- Aching pain in and around your ear
- Difficulty chewing or pain while chewing
- Aching facial pain
- Locking of the joint



CNY Medical Professionals

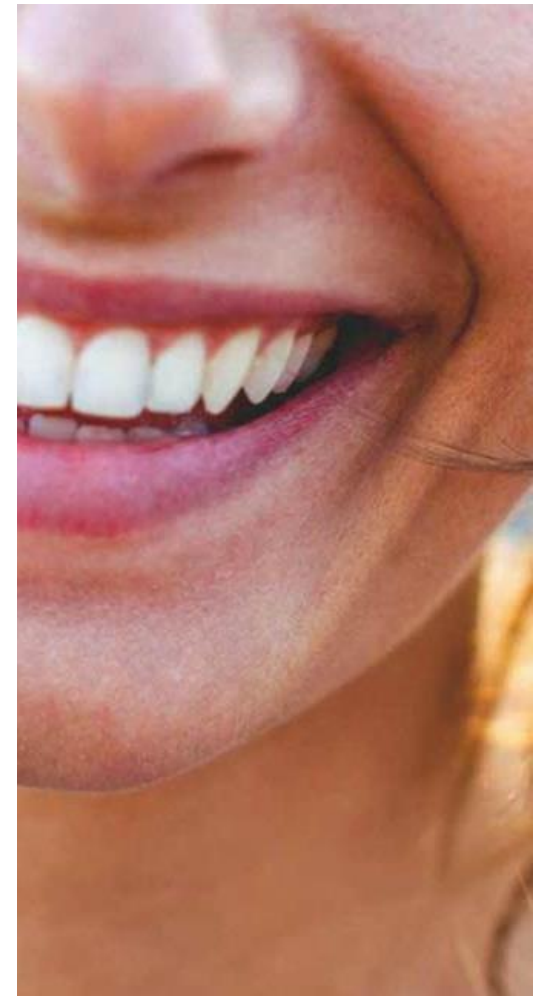
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*Temporomandibular Joint
(TMJ) Pain*





What is the TMJ?

The temporomandibular joint (TMJ) is the joint that allows you to open and close your mouth. Anything that keeps the muscles, ligaments, discs and bones of this joint from working properly can result in TMJ pain.

Tips for Reducing TMJ Pain

- ✓ Reduce the amount of wear and injury to the joint
 - Chew evenly
 - Stop chewing gum
 - Avoid hard, chewy food
 - Stop clenching or grinding teeth
- ✓ Medications
 - Apply a heating pad for 20 minutes at least twice a day
 - Ibuprofen tablets can help reduce inflammation
 - Take medication after meals

Exercises to Help TMJ Pain

- ✓ Exercises for Jaw Deviation and Clicking
 - Place tongue on roof of mouth
 - Open mouth about 1/2 way, keeping tongue in place
 - Open for 10 seconds, rest for 15 seconds
 - Repeat 6 times, 3 times a day
 - After 2 days, increase to 12 times, 3 times a day
 - After 2 more days, increase to 18 times, 3 times a day
- ✓ Exercises for Restricted Opening
 - Open and close jaw moderately wide
 - Rest for 10-15 seconds
 - Repeat 10 times, 3 times a day
 - open against resistance for the first 3 repetitions