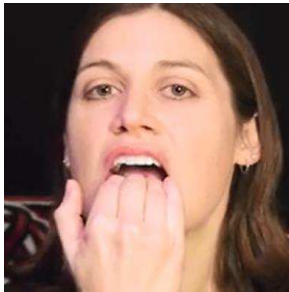


TMJ strengthening exercises



First, take your palm and slowly push on one side of your jaw. The pressure is on your chin. Push back with your jaw, but make sure your teeth are aligned. Start off gently, and if there is no pain, push a little harder. Hold for about 5 doing 3-5 times on both sides of your jaw.



Next, push down gently on your bottom teeth with your fingers, and resist with your jaw so it doesn't move. Try to keep your jaw in one place, and don't bite down. Hold for about 5 seconds doing 3-5 sets.



Finally, hold your mouth slightly open with your teeth aligned. Then, with your palm, gently push your chin up and back in towards you. Again resisting to try and keep your jaw in one place. Hold for about 5 seconds doing 3-5 sets.

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