Temporomandibular Joint Rotation and Translation Control: Phase I

Objective
1. To restore proper “tracking” to the TMJ.
2. To decrease or eliminate clicking, cracking, popping or excessive movement occurring in the TMJ.
3. To limit TMJ movement to rotation through an active assisted technique. Active assisted means an external aide, in this case the index finger, is needed to assist the movement.

Directions
1. Keep tongue on the roof of your mouth (“clucking” position).
2. Place one index finger on the TMJ (the one with the biggest problem).
3. Place your other index finder on your chin.
4. Allow the lower jaw to drop down and back with help from the index finger (chin to throat).
5. Monitor this partial jaw opening in a mirror to make sure the opening is straight (tongue stays up).
6. Repeat this exercise five times, five times a day.

The information presented is intended for general information and educational purposes. It is not intended to replace the advice of your health care provider. Contact your health care provider if you believe you have a health problem.