Temporomandibular Joint Rotation and Translation Control: Phase II

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 active exercise by the patient. Active exercise means the patient’s own jaw muscles perform the movement.
4. To progress from Phase I to Phase II.

Directions
1. Keep tongue on the roof of your mouth (“clucking” position).
2. Place both fingers on the TMJ.
3. Allow the lower jaw to drop down and back to bring the chin to the throat.
4. Monitor this partial jaw opening in a mirror to make sure the opening is straight.
5. Repeat this exercise five times, five times a day.