Objective
1. To restore proper sequencing and timing of movement to the TMJ (turn the knob and open the door) through active exercises.
2. To restore proper “tracking” to the TMJ.
3. To decrease or eliminate clicking, cracking, popping or excessive movement occurring in the TMJ.
4. To progress from Phase III to Phase IV.

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