



FUJIOKA CENTER FOR DENTAL SLEEP MEDICINE

PATIENT EXERCISES FOR JAW SORENESS AND BITE CHANGES

Watch the video: https://www.aadsm.org/patient_jaw_exercises.php

Before you begin:

These simple exercises are intended to help with jaw soreness or bite changes you may experience with the use of your oral appliance. They can be performed at any time of day.

When doing these exercises, move your jaw far enough to feel the muscle stretch, but avoid any movements that increase pain or soreness.

Before starting the exercises, you may apply moist heat on the affected areas for up to 10 minutes and self-massage the cheeks and temples. This improves blood flow to the muscles.

Exercise 1:

Set your head back into a relaxed position, resting on a comfortable surface, like a headrest, sofa cushion or soft carpet.

- Place the tip of your tongue behind your front upper teeth.
- While holding your tongue in that position, open and close your mouth.
- Repeat this slowly 10 times.

Exercise 2:

Place the tip of your tongue behind your front upper teeth.

- Slide your tongue along the roof of your mouth, toward the back of your throat.
- Return your tongue to behind your front teeth again.
- Repeat this slowly 10 times.

Exercise 3:

Place **your fist** under your chin.

- Open your mouth slowly against light pressure.
- Do not overextend your jaw beyond a comfortable opening.
- Then close your mouth again.
- Repeat this movement slowly 10 times.

Exercise 4:

Place **two fingers** on the **center** of your chin.

- Push your chin outward against your fingers, slowly, against light resistance.
- Then, bring your chin back into a resting position again.
- Repeat this movement 10 times.

Exercise 5:

Place **two fingers** on the **right side** of your chin.

- Move your jaw to the **right** against light pressure.
- Do not overextend your jaw past a comfortable point. It is important to maintain control over the movement to prevent self-injury.
- Then bring your jaw back into a resting position.
- Repeat the movement, slowly, about 10 times.

Exercise 6

Place **two fingers** on the **left side** of your chin.

- Move your jaw to the **left** against light pressure.
- Then return your jaw to resting position.
- Repeat this, slowly, about 10 times.

IMPORTANT NOTE: Exercise carefully and avoid any movements that increase pain. Contact us if morning symptoms persist throughout the day or if pain increases.