

TMJ (TEMPORAL-MANDIBULAR JOINT) DYSFUNCTION STRETCHES

Many symptoms can arise from the malfunctioning of the joints, discs, and muscles of the jaw. These include a reflexive muscle spasm of the jaw and other facial muscles. Clenching the jaw, grinding the teeth, dental surgery, congenital malformations, and even neck nerve irritation can cause TMJ pain. Dental, chiropractic, and massage therapy can help this common dysfunction.

The “Super Six Rules” to Stretching Successfully:

- 1 • Warm up (Walk on the spot for 1 to 5 minutes)
- 2 • Hold each stretch one repetition for 30 seconds
- 3 • Do not bounce (Hold in Comfortable position)
- 4 • Be Gentle (No Pain)
- 5 • Breathe Deeply
- 6 • Stretch both sides equally

