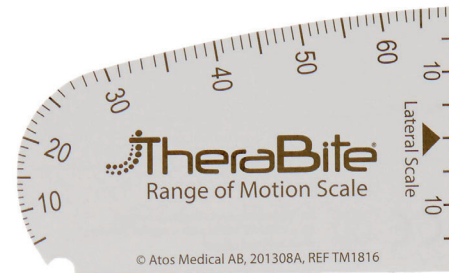


# Self Care

- Focus is on self-control
- Diaries allow goals to be set, and patients become accountable to themselves, four random monitoring touch points a day.
- Careful discussion of patient's role with education
  - 1) Education (anatomy, causes and reassurance)
  - 2) Exercises
  - 3) Thermal cold (acute), hot (long-term)
  - 4) Self-Massage
  - 5) Diet & Nutrition
  - 6) Habit Modification
  - 7) Sleep habits

# Self-Care



- See pdf in today's course packet. Narrative for patients along with daily diary, stretching exercises, etc.
- Steps
- Monitor and Correct Jaw Postures (teeth apart, tongue resting behind lower anterior teeth, facial muscles smooth, still and relaxed, lips slightly apart). Check throughout the day.
- Monitor habits (avoid opening wide, do not intentionally make jaw sounds, avoid clenching/grinding, don't bite/suck on nails, etc.)
- Jaw Stretching Exercises

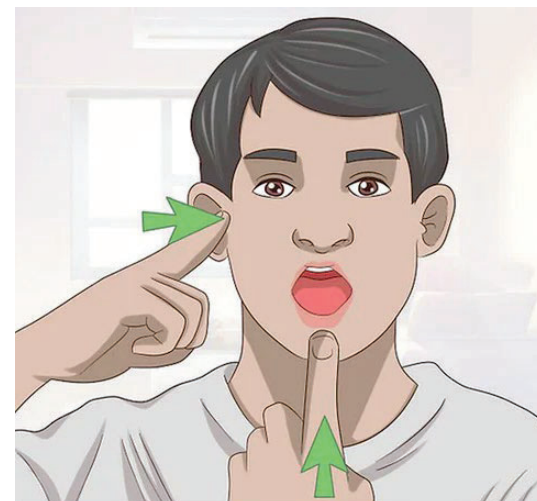


# Jaw Stretching Exercises

(Done without inducing pain !)

1. Measured stretching (record in diary)
2. Relaxed Jaw (e.g., *“Place your tongue on the roof of your mouth, behind your upper front teeth. Allow your teeth to separate (your mouth to open) while relaxing the muscles in your jaw. Allow for natural relaxation rather than forced relaxation, as the objective is to loosen up your stiff jaw muscles.”*)
3. Goldfish Exercise (partial): *“Tongue should be on the roof of your mouth, and one of your fingers should be in front of your ear, near your TMJ. Place your pointer finger on your chin and gently lower your lower jaw halfway before closing it. It would help if you encountered some resistance but not pain.*

*A variation of this exercise is to lay one finger on each TMJ point as you open and then close your lower jaw halfway.”*



4. Goldfish Exercise (Full Opening): *“Place one finger on your TMJ point and another on your chin while keeping your tongue on the roof of your mouth (or you can do both TMJs at the same time). Lower your lower jaw completely and then re-close it. Each set of exercises consists of six repetitions of this, and you should perform one set six times per day.”*
5. Chin Tucks: *Pull your chin back into a “double chin” with your chest lifted and shoulders back. Hold this pose for three seconds and do it ten times.*
6. Resisted Mouth Opening: *While you gently push against your chin, place your thumb under your chin and slowly open your mouth. Slowly close your mouth after three to six seconds.*
7. Resisted Mouth Closing: *Put one hand on your chin and squeeze your thumb and index finger together. Put gentle pressure on your chin while closing your mouth. You will be strengthening the muscles in your mouth that assist in chewing.*
8. Tongue Up
9. Side-to-Side Movements
10. Forward jaw Movements

