



PHYSIMED

JASON KLEIN : TMJ REHAB

CREATED ON 6TH JUNE 2018 BY JOHN SMITH

TMJ ROTATION & TRANSLATION CONTROL: STAGE 1

1



2



TMJ ROTATION & TRANSLATION CONTROL: STAGE 1

Facing a mirror, place your index finger over your dysfunctional jaw joint (TMJ) and your other index finger on your chin to guide the jaw (1). Maintain tongue-contact with the roof of your mouth as you allow your jaw to partially open, dropping down & back towards your throat (2). Then close it again (1), ensuring your jaw does not deviate to one side. Repeat.

SETS & REPS: 5 x each

FREQUENCY: 4-5 x day