




## Do's & Don'ts Instructions for TMJ Symptoms

### Do's

- Be aware that the most common cause of TMJ pain is that the region is just now **sensitive** and our goal is to simply **desensitize the ligaments and the muscles** in the region...be patient, it may take 4-12 weeks.
- Be assured that the majority of TMJ conditions improve with **self-management** strategies
- As a trial, wear mouth guard at nights if prescribed by a dentist 
- When yawning, support the bottom jaw with index finger 
- Interrupt slouched sitting, **especially when eating** 
- Keep teeth about 2mm apart when resting
- Rest tongue on the roof of the mouth behind the front teeth as much as possible
- Keep mouth closed with the lips lightly touching to promote nasal breathing

### Don'ts

- Avoid chewing heavy meats, hard nuts, raw carrots etc. or anything that hurts
- Avoid taking big bites into burgers, apples etc.
- Do not chew gum, pen, necklace, etc.
- Avoid intentionally clicking the jaw
- Consciously avoid clenching teeth together
- Stop nail biting
- Limit speaking if it is an aggravating factor
- Do not rest chin on the hand
- Avoid earplugs for a week and see if it makes a difference



### Home Exercise Program

Please consult a physiotherapist with TMJ training if you need to be provided with specific exercises that are right for your specific condition.

You may find a physiotherapist experienced in treating TMJ conditions on [www.APTEI.ca](http://www.APTEI.ca) and search in the section "Find a Physiotherapist".

If you have already consulted various healthcare providers and have truly followed the instructions above, yet your symptoms still persist, you may visit [www.ThePainTruth.org](http://www.ThePainTruth.org)