

Most TMJ pain is caused by muscle spasms due to stress, grinding, or clenching your teeth. This exercise will help you stretch and strengthen your jaw muscles and is widely used by physiotherapists. Moist heat or cold pad can be applied to your face which may help to reduce the pain. Also, you can try pain medication (advil), a night guard, acupuncture, botox .

Exercise to reduce TMJ pain

1. Chin tucks

Take a big breath in, and when you breathe out, push your head back, over your shoulders and let it relax for a second. Take another big breath, and push it back more, push, push, push. tuck the chin, show double chin on you. Your lift is about to opening up your suboccipitals (muscles behind your neck). Repeat several times and helps relax the TMJ.

2. Thumb resistance exercise

Put your thumb right under your jaw, slowly open your mouth and slowly close your mouth with resistance. Repeat 5 times. Make sure the resistance is coming along the way open and close.

3. Occipital lifts

Put both your thumb right behind the bone behind your ear, with the fingers pointing up your head.

Lift the suboccipital and pull down on the opposite side, at mean time your head will tilt from right to left. Repeat several times to relax the occipital muscles. When occipitals get tight, the masseter or the jaw muscle gets tight.

4. Tongue range of motion exercise

- Bring your tongue to the back of your throat, hold it for about three, four seconds, then move your tongue to push out your cheek as far as you can one side and the other side. Finally, glide the tip of your tongue towards your tonsils, hold it for about three, four seconds.
- Keep your mouth wide open, tongue touch the inside surface of your lower teeth and move your jaw left to right several times.
- Keep your mouth wide open and try to make “A E I O U” sound. Repeat 5 times.

5. Massage all facial muscles

For masseter and temporalis muscles, use your knuckle to feel the pain, massage them with circular motion, at mean time try to keep your mouth open as wider as you can.

For occipital muscle, tilt your head down, use one hand to massage the opposite side with circular motion.

For the muscles under your chin, like stylohyoid, digastric muscle, tilt your head back and massage with your hand up and down, try to pull the skin toward your chest.

6. Repeat 2 or 4 to help your mouth open wider.

7. Relaxations

Sit or stand straight, feel the muscles of your face and your cranium relax, with your tongue on the roof of your mouth. Breath in and out with your eyes closed, feel your rib cage expand, thinking of something happy and peaceful for several minutes.