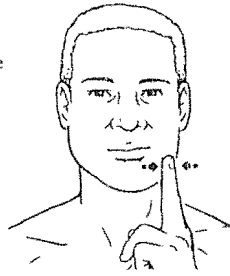


TMJ - 5 Lateral Glide: Isometric

Place two fingers on right side of jaw. Resist movement of jaw to same side. Hold 8 seconds. Relax.



Repeat 10 times per set.
Do 3 sets per session.
Do 2 sessions per day.

TMJ - 6 Protrusion: Isometric

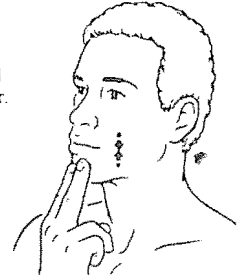
Place two fingers on chin. Resist forward movement of chin. Hold 8 seconds. Relax.



Repeat 10 times per set.
Do 3 sets per session.
Do 2 sessions per day.

TMJ - 3 Closing: Isometric Resisted

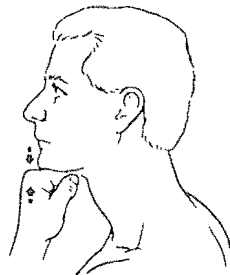
Place two fingers on chin and resist clenching teeth together. Hold 8 seconds. Relax.



Repeat 10 times per set.
Do 3 sets per session.
Do 2 sessions per day.

TMJ - 7 Opening: Isometric

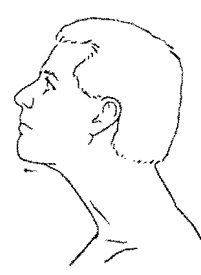
Place fist below jaw. Resist downward movement of chin. Hold 8 seconds. Relax.



Repeat 10 times per set.
Do 3 sets per session.
Do 2 sessions per day.

TMJ - 8 Protrusion

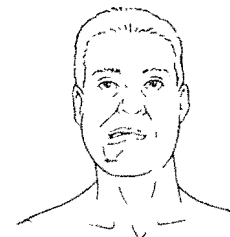
Jut chin forward. Hold 8 seconds. Relax.



Repeat 10 times per set.
Do 3 sets per session.
Do 2 sessions per day.

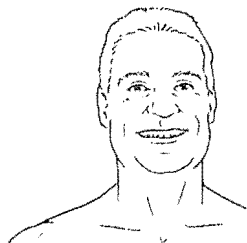
TMJ - 9 Lateral Glide

Move jaw to right side. Hold 8 seconds. Relax.
Repeat 10 times per set. Do 3 sets per session.
Do 2 sessions per day.



TMJ - 10 Facial Exercise: Smile

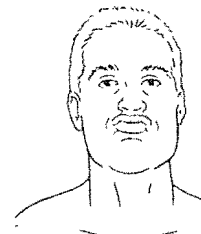
Turn up corners of mouth. Hold 8 seconds. Relax.
Repeat 10 times per set. Do 3 sets per session.
Do 2 sessions per day.



TMJ - 11 Facial Exercise: Pursed Lips

Suck in cheeks and push lips forward. Hold 8 seconds. Relax.

Repeat 10 times per set.
Do 3 sets per session.
Do 2 sessions per day.



TMJ - 12 Facial Exercise: Platysma Frown

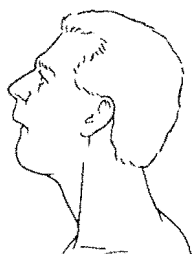
Turn down corners of mouth and, looking up, tighten muscles at front of neck. Hold 30 seconds. Relax.
Repeat 10 times per set. Do 3 sets per session.
Do 2 sessions per day.



TMJ - 17 Facial Exercise: Upper Lip

Push upper lip forward. Hold 8 seconds. Relax.

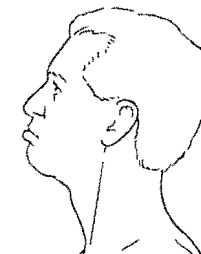
Repeat 10 times per set.
Do 3 sets per session.
Do 2 sessions per day.



TMJ - 18 Facial Exercise: Lower Lip

Push lower lip forward. Hold 8 seconds. Relax.

Repeat 10 times per set.
Do 3 sets per session.
Do 2 sessions per day.



TMJ - 19 Facial Exercise: Self Mobilization - All Glides

Tongue on roof of mouth, gently press chin in all directions, applying only minimal force. Hold 8 seconds. Relax.

Repeat 5 times per set.
Do 3 sets per session.
Do 2 sessions per day.

