

ISOMETRIC MUSCLE EXERCISES

Purpose

To bring about lessening of jaw joint and facial muscle symptoms by isometric (equal) muscle forces.

How Often

1. Do exercises at a minimum of three (3) times per day.
2. Each exercise (backward and forward, up and down, sideways) should be done five minutes each.

Technique

1. Apply a moist, warmed-up terry cloth to jaw muscles 5-10 minutes prior to exercises and 5-10 after exercises.
2. The lower jaw moves in three directions. Exercising must therefore be performed in all three directions.
3. BE PATIENT. THESE EXERCISES ARE TIME CONSUMING.

(1) Backward and Forward

Place the chin between the pointing and middle finger, push forward with the chin and backward with the fist with equal pressures.

(2) Up and Down

Make a fist and place the underside of the chin between the pointing and middle fingers. Push up with fist and down with the chin with equal pressures.

(3) Sideways

Make a fist and place the right side of the lower jawbone between the pointing and middle fingers. Push to the left with the fist and to the right with the lower jaw with equal pressures. Repeat on left side using fist pressure to the right and jaw pressure to the left.