

Temporomandibular joint (TMJ) exercises



Information for patients

This leaflet provides information about TMJ exercises you could try to help with your symptoms. Your specialist will tell you which exercises are appropriate for you.

Confirming your identity

Before you have a treatment or procedure, our staff will ask you your name and date of birth and check your ID band. If you don't have an ID band we will also ask you to confirm your address.

If we don't ask these questions, then please ask us to check.

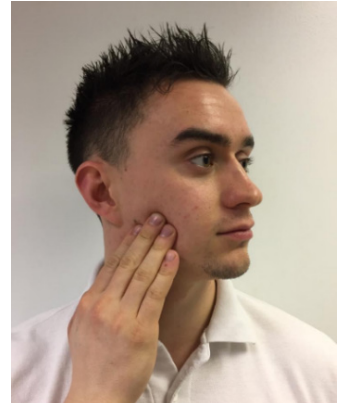
Ensuring your safety is our primary concern.

Masseter massage

Sit upright in a chair which is supported at the back.

Place your index, middle and ring finger against the side of your cheek just under your cheekbone.

Apply a small amount of pressure and pull your fingers down towards the angle of your jaw. Repeat this for one minute.

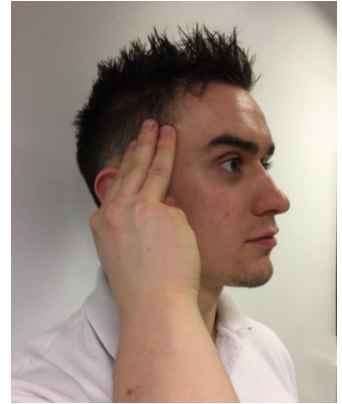


Temporalis massage

Sit upright in a chair which is supported at the back.

Place your index, middle and ring finger approximately 2cm above your cheekbone, just in front of your ear and in line with your eyebrow.

Gently pull down towards your cheekbone, stopping when you feel the bone. Repeat this for one minute.



Mouth opening movement

Standing in front of a mirror, open and close your mouth. Try to keep your top and bottom teeth in line. Do not force your mouth open. Repeat for 30 seconds.



Sideways movement

Sitting or standing, open your mouth about 1cm.

Move your lower jaw from side to side. Do not force the movement. Repeat for 30 seconds.



Mouth opening in alignment

Sitting or standing, place the tip of your tongue in the roof of your mouth, then open your mouth.

Keep the tip of your tongue lightly in contact with the roof of your mouth. Open your mouth as far as you can, keeping your tongue in this position and then close your mouth. Repeat for 30 seconds.



PALS

The Patient Advice and Liaison Service (PALS) is a service that offers support, information and assistance to patients, relatives and visitors. They can also provide help and advice if you have a concern or complaint that staff have not been able to resolve for you. The PALS office is located on the ground floor of the Hambleton Wing, near the main entrance on Bessemer Road - staff will be happy to direct you.

PALS at King's College Hospital, Denmark Hill, London SE5 9RS

Tel: **020 3299 3601**

Email: **kch-tr.pals@nhs.net**

You can also contact us by using our online form at
www.kch.nhs.uk/contact/pals

If you would like the information in this leaflet in a different language or format, please contact PALS on **020 3299 1844**.

