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## TMJ RANGE OF MOTION EXERCISES

### CONTROLLED MOUTH OPENING



- Say the word "No" or "Never" to help position the tip of your tongue
- Tip of tongue should be against the hard palate NOT pressing against the back of your upper teeth
- This exercise focuses on the "rolling" movement occurring in the TMJ and is less traumatic
- You should not hear or feel any clicking
- This controlled amount of opening should dictate how wide you should open when you yawn and what size bite of food you should take
- Perform this exercise in good postural alignment, tongue remains in contact with the hard palate
- Perform 10 reps, slow and controlled, no pain
- Every 2 hours during the day



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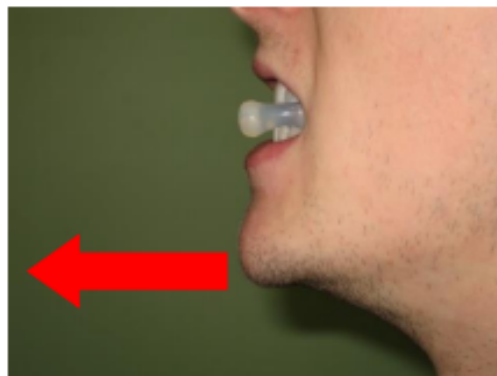
## HYPERBOLOID EXERCISES



Laterally deviate your mandible right  
10 reps 2 to 3 times a day



Laterally deviate your mandible left  
10 reps 2 to 3 times a day



Protrude Mandible forward teeth to teeth  
10 reps 2 to 3 times a day

(This exercise must be done with **caution**, with some disc related issues, this can increase your pain, and is why receiving treatment from a TMJ therapist is crucial)

*All of these range of motion exercises should be done with minimal to no pain, NO PAIN NO GAIN does not apply to the treatment of TMJ or TMD disorders.*



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## HYPERBOLOID EXERCISES (Contd.)



Move hyperboloid for 2 minutes from molar to molar  
1 to 2 x a day



You can substitute Hyperboloid by using 2 tongue depressors  
to help guide your movement