

## ROCABADO'S EXERCISES FOR TMD JAW PAIN

<b>TONGUE TO ROOF OF MOUTH WITH DEEP BREATH</b>	<b>1</b> Inhale deeply through your nose while pressing your tongue firmly against the roof of your mouth. Exhale slowly through your mouth, relaxing your jaw muscles.
<b>TONGUE TO ROOF OF MOUTH WITH OPENING</b>	<b>2</b> Press your tongue against the roof of your mouth and slowly open your jaw as wide as comfortable. Hold briefly before closing your mouth.
<b>RESISTED OPENING/CLOSING</b>	<b>3</b> Place your thumb under your chin and gently push downward as you try to open your mouth against the resistance. Then, place your thumbs on your chin and push inward as you try to close your mouth against the resistance.
<b>RESISTED RIGHT &amp; LEFT DEVIATION</b>	<b>4</b> Place your hand on one side of your jaw and gently push as you try to move your jaw to that side against the resistance. Repeat on the other side.
<b>CHIN TUCK</b>	<b>5</b> Stand or sit with your shoulders relaxed. Gently tuck your chin towards your chest, holding for a few seconds before releasing.
<b>CHIN TUCK WITH SHOULDER RETRACTION</b>	<b>6</b> Perform a chin tuck as described above while also gently retracting your shoulders backward. Hold for a few seconds before releasing.

**\*FOR ALL EXERCISES: COMPLETE 6 REPETITIONS, 6 TIMES PER DAY\***