

TMD Treatment – Dynamic Protocol

DYNAMIC PROTOCOL:

In TMJ

- Depression and Elevation: tongue placed on the palate behind the incisors. Slow opening and closing of the mouth to be performed 5 times. Treatment duration 30''.
- Lateral Excursion: bring the lower jaw laterally to the right and perform slow opening and closing of the mouth for 5 times (30''). Repeat the movement bringing the lower jaw on the left side (30'').

In CERVICAL area

- Cervico-cranial rotation, 5 times to the right and 5 times to the left (30'' + 30'')
- 5 movements of flexion, 5 movements of extension (30'' + 30'')
- Lateral flexion, 5 times to the right and 5 times to the left (30'' + 30'')

The MLS treatment is performed in scanning mode during the exercises on muscular areas in motion.