Recommended Jaw Stretching Exercises for TMJ Pain

1. Controlled Mouth Opening (Goldfish Exercise)

- Place your tongue lightly on the roof of your mouth.
- Slowly open your mouth to a **comfortable width** (no clicking or pain).
- Hold for **5 seconds**, then close slowly.
- Repeat **5–10 times**, 2–3 times daily.

2. Passive Jaw Stretch

- Place your thumb under your chin.
- Gently press down as you **slowly open your mouth** against light resistance.
- Hold for **3–5 seconds**, then relax.
- Repeat **5 times**.

3. Side-to-Side Jaw Movement

- Place a **small object** (like a stacked tongue depressor or a thin cork) between your front teeth.
- Gently move your jaw **side to side** while keeping the object in place.
- Do **5–10 reps** per side.

4. Chin Tucks (Posture Correction)

- Sit or stand with good posture.
- Gently tuck your chin inward (like making a "double chin").
- Hold for **3–5 seconds**, then release.
- Repeat **10 times** to reduce strain on the TMJ.

5. Resisted Mouth Closing

- Place your thumb under your chin and your index finger on your lower lip.
- Gently press upward as you try to close your mouth (providing light resistance).
- Hold for **3–5 seconds**, then relax.
- Repeat **5–10 times** to strengthen jaw muscles.

Important Tips:

✋ **Stop if you feel sharp pain** (mild discomfort is okay, but pain means you're overdoing it).
✅**Warm up first** with a **moist heat pack** for 5–10 minutes before stretching.
✅**Combine with relaxation techniques** (deep breathing, massage) to reduce clenching.
🚫 **Avoid overuse**—don't force wide opening if your jaw is stiff.

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