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TMD SELF-CARE **ALLOWING HEALING TO OCCUR**

REST POSITION

Teeth Apart Tongue Relaxed Face Relaxed Neck & shoulders relaxed

Use a Reminder 🥻



O`O

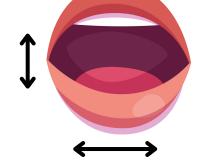
APPLY HEAT & MASSAGE

Place heat on the painful muscles 2-4 x per day for 3-5 minutes

Gently massage the muscles

GENTLE MOVEMENT

Gently move your mouth up & down, side to side



Stretch using your fingers, but do not increase your pain

Learn to listen to your body



CAUTION

Be mindful when using your jaw:

- Avoid gum, nail biting, etc
- Minimize aggravating foods
- Avoid stimulants



KE BREAKS

Take a break from your daily tasks:

- Belly breathe
- Go for a walk
- Stretch