

# TMD SELF-CARE

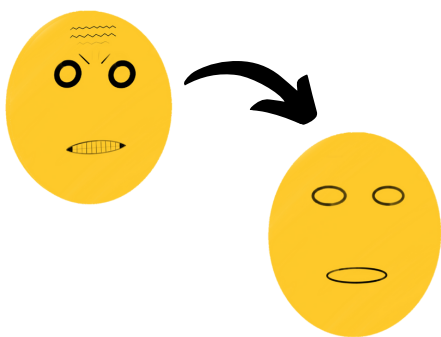
## ALLOWING HEALING TO OCCUR

### REST POSITION



- Teeth Apart
- Tongue Relaxed
- Face Relaxed
- Neck & shoulders relaxed

Use a Reminder



### APPLY HEAT & MASSAGE

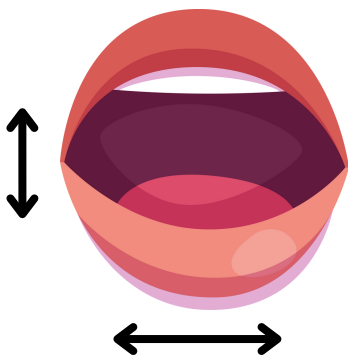


- Place heat on the painful muscles
- 2-4 x per day for 3-5 minutes

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



### TAKE BREAKS

Take a break from your daily tasks:

- Belly breathe
- Go for a walk
- Stretch

