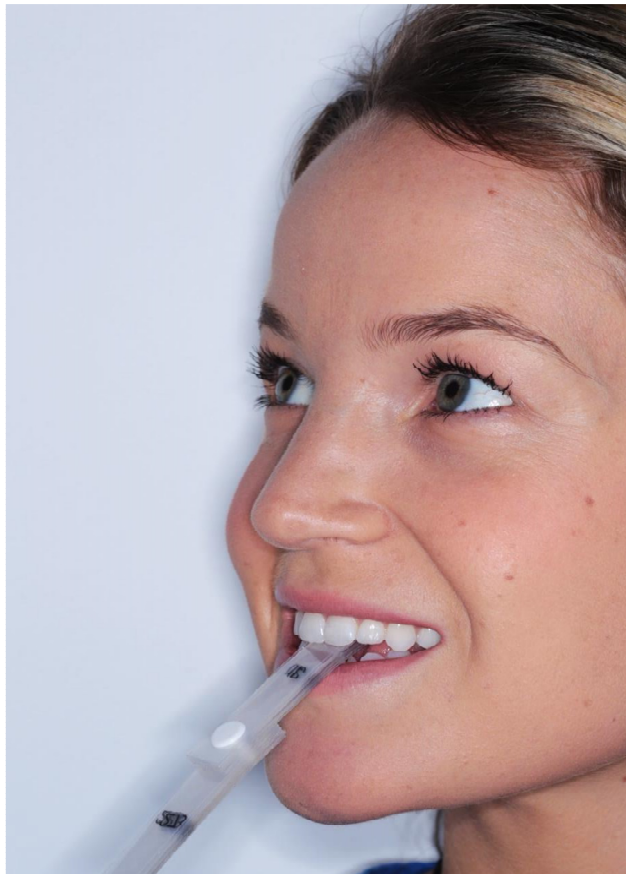




TMD EXERCISES

EXERCISE 1

1. Insert Bite Tab between front teeth.
2. Move lower jaw (think your chin) as far back (towards your throat) as possible. Ensuring the tip of your chin is in line with the tip of your nose. Hold for 10 seconds. Rest for 10 seconds, and then repeat.
3. Do this one exercise for 5 minutes. 3 times a day.



EXERCISE 2

1. Push down on your bottom teeth with your fingers on one hand as well as your upper teeth with your fingers. All the while stretching your mouth and opening it as wide as you can.
2. Open as wide as you can, assisted with pressure from both hands (on opposite jaws).
3. Hold for 10 seconds.
4. Rest for 10 seconds.
5. Repeat for 5min. 3 times a day.

