Jaw
Range of Motion Exercises

Do these exercises to prevent problems opening your mouth after a jaw fracture, TMJ, or surgery.

WARM UP

- Open your mouth as wide as possible for 15 seconds.
- Then, close your mouth and rest. Repeat this 8 times.

EXERCISES

- Stick your jaw forward for 15 seconds. Rest your jaw. Repeat this 8 times.
- Move your jaw right for 15 seconds. Rest your jaw and repeat 8 times.
- Move your jaw left for 15 seconds. Rest your jaw and repeat 8 times.
- Put your middle finger and thumb in your mouth. Push with your thumb on your top teeth and your middle finger on your bottom teeth opening your mouth.
- Stretch your mouth open as far as possible. Repeat 8 times.
- Do the warm up and exercise as directed by your doctor.

HOME CARE

- Chew gum when not doing exercises.
- Use moist heat packs 3 to 4 times a day.

Easy-to-Read style based on content from Parkland Health & Hospital System, Dallas, Texas

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