

Exercises to improve jaw control



Information for patients

Charles Clifford Dental Hospital

How can I improve the way my jaw moves?

Exercise to improve jaw control

Keep your tongue in the "**clucking**" position throughout this exercise. This will reduce any forward movement of your lower jaw and prevent excessive opening.



1. One index finger on your temporomandibular joint - to check there is **no clucking!**
2. Other index finger and thumb on your chin to **guide your jaw**.
3. **Slowly** drop your lower jaw down and back with guidance. As you drop your jaw, use your index finger and thumb to apply a **gentle** pressure on your chin in a direction towards your neck. This will prevent excessive forward movement of your lower jaw.
4. Then **slowly** close your jaw with the same **gentle** guidance.
5. Look in a mirror to ensure a **straight opening** of your jaw.
6. Repeat this jaw movement **10 times** slowly and gently.

Perform this exercise **3 times daily** (possibly after each meal).



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