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Information for Patients

Remedial Jaw Exercises

Maxillofacial & Oral Surgery

Remedial Jaw Exercises

When the jaws are painful lie down or sit comfortably and give both jaw joints and the side of the face preliminary warmth with hot water-bottles applied for approximately five minutes before commencing the exercises described below.

Exercise

1. Sit in front of a mirror or hold one in the hand and practice opening of the jaws in a straight line without deviation to either side. This may be helped by splitting a match-stick, inserting the ends between the central teeth in the upper and lower jaws, and then using the match-sticks as a guide.
2. Partly open the mouth against firm hand pressure applied to the chin for 20-30 seconds; swallow, to relax, then open smoothly and widely without deviation, supporting both jaw joints with light finger pressure.
3. Do each exercise in turn and repeat six times, twice a day then reducing gradually to once a day three times a week etc, until completely free of pain.

Remember, muscles can be coaxed, but not driven

Remember, the Maxillofacial Surgery Team are here to help.

If you have any problems please ring the following number:-
01633 – 238372