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यदि आप को इस लीफ़्लिट का लिखती या टेप पर अनुवाद चाहिए तो कृपया डैव बेकर, सर्विस ईक्वालिटी मैनेजर से 0116 2584382 पर सम्पर्क कीजिए।

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University Hospitals of Leicester 
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Physiotherapy Department

Caring for your Jaw

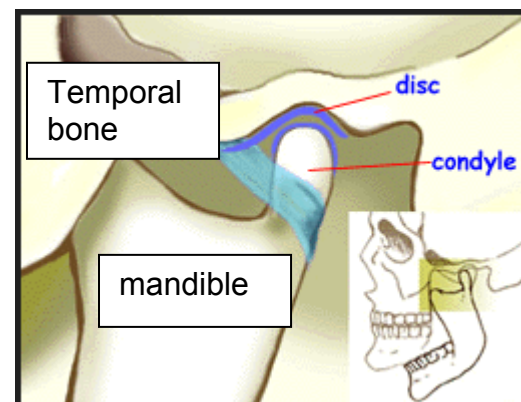
Information & Advice

The aim of this leaflet is to help you understand your jaw pain and manage it for long-term care.

4. Every hour check you have enough space to run the tip of your tongue between your upper and lower teeth. This will check if you are clenching without you knowing.
5. Lying on your back on a pillow, put you tongue on the roof of your mouth as though you were starting to say the word "No" gently push the jaw sideways to right, then to left with you hand. Using the muscles of the jaw try and prevent any movement taking place. Try not to push the tongue into the roof of the mouth. Repeat the exercise with opening and closing the jaw, again the jaw muscles resist the pressure of the hand. This should not be painful. Repeat this exercise ____ times

INTRODUCTION

The jaw also known as the TMJ or Temporo-mandibular joint, can be painful as the result of injury, inflammatory disease, poor postures and habits or growth disorders. This leaflet gives you the most up to date advice on managing with jaw pain.



WHAT IS THE TMJ?

The TMJ is made up of several parts: the lower jaw (or mandible) and the socket (or temporal bone). In between the mandible and the socket is a disc, which allows the joint to glide smoothly on opening and closing. The joint is held in place by muscles and ligaments.

COMMON FEATURES

- Headaches
- Stiffness in jaw in the morning
- Pain in jaw, ear or eye socket
- Pain on chewing especially hard foods
- Pain on yawning

Compiled UHL Physiotherapy Dept. - March 2004
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- Clicking, grinding or locking of the jaw
- Limited opening of the jaw
- Dizziness

TREATMENT

The aims of treatment are:

1. Relieve pain
2. Minimise stiffness
3. Maintain the use of the jaw

Types of treatment include:

Physiotherapy

Used to increase the movement of the jaw using a combination of advice, manual therapy, postural work, stretches and strengthening.

Stress management

Changing habits such as gum, nail and pen chewing, grinding teeth or clenching, posture alterations.

POSTURE

Bad posture in sitting or lying causes prolonged over-stretching of the ligaments and surrounding tissues including those of the jaw.

By learning to keep a good posture it is possible to prevent or relieve your neck and jaw pain.

ADVICE

- Place a hot water bottle wrapped in a towel over the jaw for 10 mins. Make sure the water is not hot enough to burn you by testing it on the inside of your forearm.
- Alternatively rub some moisturising lotion into the cheek, place some crushed ice cubes into a plastic bag and wrap in a towel. Place this over the jaw for 10 mins.

Either of these actions could bring some pain relief.

FURTHER EXERCISES

1. Sitting upright, put your tongue on the roof of your mouth as though you were starting to say the word "No". Whilst the tongue is in place try and open the jaw as far as you can, you should not experience any clicks and little pain. Repeat this exercise ____ times.
2. Repeat the exercise 1 whilst leaning forward with your hands supporting your forehead. Repeat this exercise ____ times
3. Sitting leaning forward with your hands supporting your forehead with the tongue on the roof of your mouth as though you were starting to say "No" move the jaw from side to side. Repeat this exercise ____ times.

- Put two fingers on one side of your jaw. Try to slide your jaw towards your fingers while gently resisting any movement with the fingers.
Hold for ____ seconds
Repeat for _____ times



- Put two fingers on your chin. Protrude the lower jaw whilst gently resisting the movement with your fingers.
Hold for ____ seconds
Repeat for _____ times



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- Put two fingers on your chin. Clench your teeth whilst gently resisting movement with your fingers
Hold for ____ seconds
Repeat for _____ times

WHAT IS GOOD POSTURE?

Keep your chin in and head up, shoulders back, tummy in and back straight. It is important to keep the natural curves of the spine. The small inward curve of the neck is called The **Cervical Lordosis**; if this is altered neck pain may develop.

During sitting the position of the lower back strongly influences the posture of the neck and the jaw. If the back slouches then it is impossible to sit with the head up. If it is difficult to maintain the curvature in the lower back in sitting, then use a small rolled up towel, or a lumbar roll.



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Listed below are some dos and don'ts to help you understand and manage your jaw pain.

DO'S

- Exercise your jaw, sensible exercises will not lead to further damage
- Gradually increase exercises on your therapist's advice
- Keep up with the exercise and advice for long term management
- Change to a softer diet and avoid hard or chewy foods

- Try and be aware of when you are clenching your teeth e.g when you are concentrating, annoyed or worried try to relax
- Try relaxation tapes, meditation, breathing exercises, relaxation, pilates, yoga or Alexander technique. Evening classes may be available in your area.

DON'TS

- Chew nails, gum, pen tops, your cheek etc as this stops the jaw from having a rest
- Rest with your head in you hands or hold your telephone to your ear using just your shoulder
- Avoid excessive yawning if it clicks
- Don't be frightened of all pain, some ache/discomfort during exercise is normal and part of the treatment
- Avoid sleeping face down, as this puts a strain on the neck.

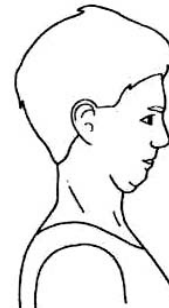
EXERCISES

The aim of the exercises is to reduce pain and restore normal function and mobility.

On starting any exercise you may experience an increase in pain - this is normal.

If you have any concerns please do not hesitate to discuss them with your therapist or doctor.
Your physiotherapist will mark the exercises that you need to do.

MOBILISING EXERCISES



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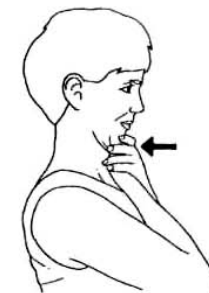
Sitting straight-backed. Pull your chin in, keeping your neck and back straight (not tipping your head forwards). Hold at the end position and feel the stretch in your neck.

Repeat ___ times.



Sitting straight backed. Pull your chin in. At the end position take hold of your chin with your hands. Push your chin carefully further backwards. Hold for a moment and feel the stretch in your neck.
Only do this if you have no pain on pushing on the chin

Repeat ___ times.



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STRENGTHENING EXERCISES



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Push your lower jaw down while resisting the movement with your hand.
Hold for ___ seconds

Repeat ___ times

