Do’s

- Stay in the resting position of the jaw: mouth closed, teeth slightly apart, tongue resting at the top of your mouth and breathing through the nose.
- Maintain good posture throughout the day, especially when eating, talking, yawning, etc.
- When yawning, support the bottom of your jaw with your index finger to prevent excessive opening.
- Wear a mouth guard at night if prescribed by your dentist.
- Repeat the home exercise program several times a day.

Dont’s

- Avoid prolonged slouching and the forward head posture. Shoulders should sit overtop of hips, and front of ears should be in line with front of shoulders. Good posture shouldn’t feel like a lot of effort.
- Avoid chewing hard foods such as heavy meats, nuts and raw carrots.
- Avoid taking big bites into large foods, such as sandwiches and apples.
- Don’t chew gum, pens, nails, hair, etc.
- Don’t always chew your food on one side of your mouth. This can lead to a muscular imbalance and dysfunction.
- Avoid clenching teeth and jaw together. If stress is a cause of clenching, find ways to relax.
- Don’t rest your chin on your hand, or cup your chin.
- Don’t intentionally click or pop your jaw.

Home Exercise Program

Sit with good posture by imagining a string pulling the top and back of your head towards the ceiling.

- Keep tongue resting at the roof of your mouth.
- Place index finger on your chin and apply gentle pressure to maintain a slight chin tuck.
- Open mouth by focusing on bringing the chin towards the throat while maintain tongue on the roof of your mouth.
- Hold stretch for 5 seconds, and repeat 5 times. Do 5 sets per day.
- If the exercise increases or produces pain, STOP the exercise.