

# TMJ Pain Relief Exercises

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## 6x6 Exercise

Purpose: Enhance jaw mobility and reduce joint noises.

Instructions: Open and close your mouth six times, ensuring smooth and controlled movements.

Repeat this cycle six times daily.



## Temporalis Muscle Stretch

Purpose: Alleviate tightness in the temporalis muscles.

Instructions: Place the pads of your thumbs just above your cheekbones.

Press in gently against the temporalis muscles.

While slowly opening your mouth, slide your thumbs up along the muscle towards the top of your head.

Stop when you reach about 1-2 inches above your ears.

Repeat 10 times.



## Lateral Pterygoid Release

Purpose: Reduce tension in the lateral pterygoid muscles.

Instructions: You'll use your index or middle finger inside your mouth, and possibly your thumb on the outside for light pressure.

Open your mouth slightly. Keep your jaw relaxed, not wide open.

Insert your index or middle finger along the upper molars (on the inside of your cheek), moving toward the back of your mouth.

You're aiming for the area behind the last upper molar — this is near where the lateral pterygoid connects.

Apply gentle inward and upward pressure.

Press toward the base of your skull and hold for 30-60 seconds. It might feel tender or tight, which is normal. Do not press aggressively. Repeat on the other side.



## Masseter Muscle Release

Purpose: Relieve tension in the masseter muscles.

Instructions: Locate the masseter muscles by clenching your jaw; they are just in front of your ears.

Place your fingers on these muscles and apply gentle circular pressure.

Massage for 1-2 minutes on each side.

## Controlled Breathing

Purpose: Reduce stress-related jaw tension.

Instructions: Inhale slowly through your nose for 4 seconds. Hold for 4 seconds.

Exhale through your mouth for 4 seconds. Hold for 4 seconds.

Repeat for 1-2 minutes.

