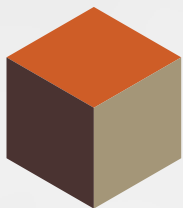


First edition

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# TEMPOROMANDIBULAR REHABILITATION EXERCISES



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Welcome to the world of Easyrehabexercises.com: Know-it-all / The box. This book is a reference guide mainly intended for the use of professionals, as much in medicine, as in physiotherapy, dentistry, denturology, otolaryngology, occupational therapy, chiropractic, osteopathy, acupuncture, massage therapy, etc. This book was written under the advice of these different professionals in order to meet their needs as much as possible in terms of temporomandibular joint (TMJ) exercises. It is intended as a toolbox for you. Simple, easy to access, concise while being as complete as possible in terms of TMJ rehabilitation exercises.

This facial exercise guide is primarily intended to be used by professionals and various medical schools. They will therefore be able to use it with their different clienteles, both in terms of evaluation and subsequent treatments.

This work is also very accessible to the general public. So, anyone should be able to take a great interest in it in order to understand the functioning of this wonderful, incredibly complex machine that the human being is, including exercises related to the temporomandibular joint muscles!

The author, Jean-Philippe Perreault himself, has a bachelor's degree in physiotherapy. He graduated from Laval University, Quebec, Canada in 2002. He has been practicing as a physiotherapist since 2002 and has had his own physiotherapy clinic since 2010. The latter has acquired several trainings at the temporomandibular, craniofacial and vestibular levels since that time. He himself has been working with a clientele struggling with these types of problems since 2005. He has lectured on several occasions at various conferences in the temporomandibular, craniofacial and sleep apnea fields. Among other things, he was a guest speaker on obstructive sleep apnea at the IFOMPT (International Federation of Orthopedic Manipulative Physical Therapists) world congress in 2012 in Quebec City, Quebec, Canada.

We hope that he will be able to share his experience with you, and all these years of collaboration with various health professionals. Doing so, this book should be useful to you in the evaluation and treatment of your patients struggling with muscle problems at TMJ level. Please note that this guide is the second in a series that will cover various types of rehabilitation exercises. Among others, on: the facial muscles, sleep apnea, posture, neurology, geriatrics, etc.

Whether you are a healthcare professional, a student or a member of the general public, take the time to read the legal notice on the following pages. This will guide you safely in the use of this book. Good discovery to all!

## 6.2 MOUTH OPENING (WITH WOODEN STICKS)

### Position / purpose :

Here, your jaw muscles don't furnish any effort to do that exercise. Your mouth opening is completely done with the help of wooden sticks. So, you can sit or stand to perform that exercise. Keep your mouth loose and slightly opened to begin this exercise. It is ideal if you can do it in front of a mirror to avoid asymmetries while doing this.

### Description :

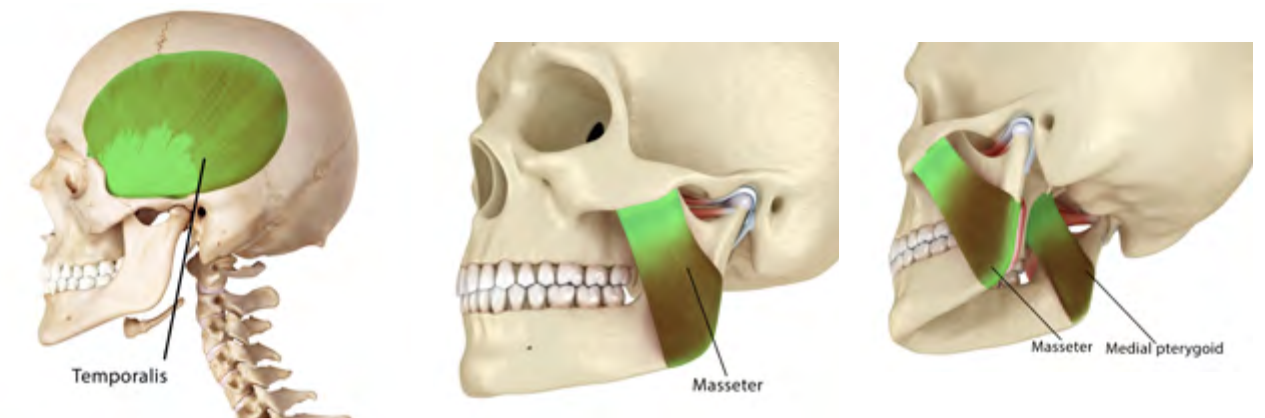
Get the help of wooden sticks that you add on your lower incisors teeth until you reach your upper incisors. Add as many wooden sticks as you can to open your mouth as far as you can. Hold in this position for 30 seconds. Take the wooden sticks off your mouth. Then, close your mouth gently. You don't want to create disproportionate pain while doing this exercise. Breathe normally while doing it. Repeat the number of times prescribed.

### Comments :

Attempt doing this exercise only under your TMJ physiotherapist, dentist, or doctor advice. Don't do that exercise if you have ligament hyperlaxity or joint hypermobility.

### Stretched muscles :

Temporalis, Masseter, (Medial pterygoid)



**Level : basic**

**No. Of Set : 1**

**No. Of Repetition : 3**

**Tempo : 30 seconds to do the whole exercise**

**Rest Interval between repetitions : 1 minute**

**Frequency : 2 or 3 times a day**

1



2



## 8.1 MOUTH OPENING

### Position / purpose:

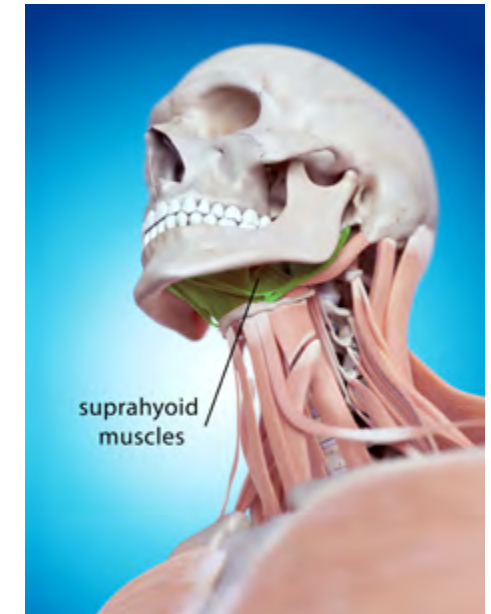
As you begin, stabilize your jaw with your fist directly under your chin. Here, your mouth is closed to begin. It is ideal if you can do it in front of a mirror.

### Description:

Breathe out. Then, give an upward resistance under your chin with your fist. Resisting your own force, open your mouth gradually and completely against a moderate resistance of your fist. Then, breathe in. Repeat the number of times prescribed.

### Muscles targeted:

Suprahyoid muscles



**Level: moderate**

**No. Of Set: 3**

**No. Of Repetition: 10**

**Tempo: 5 seconds to do the whole exercise**

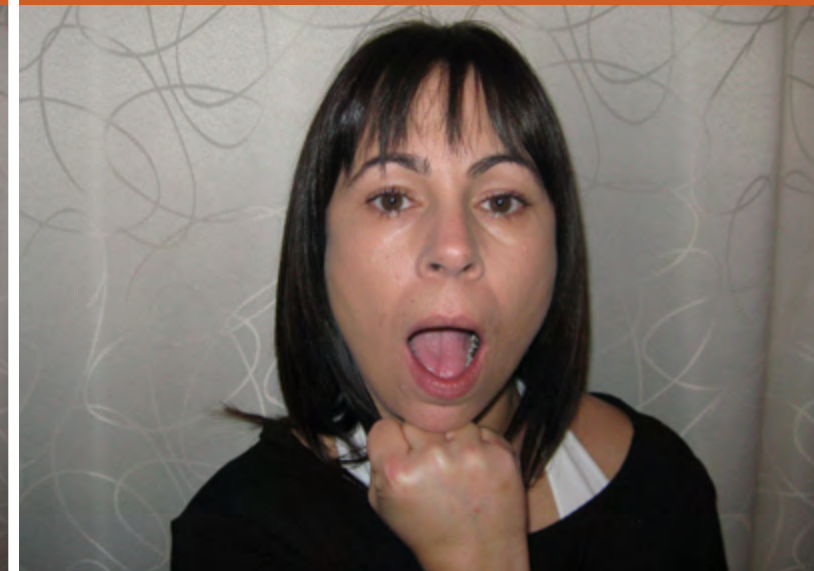
**Rest Interval between Sets: 1 minute**

**Frequency: 2 or 3 times a day**

1



2



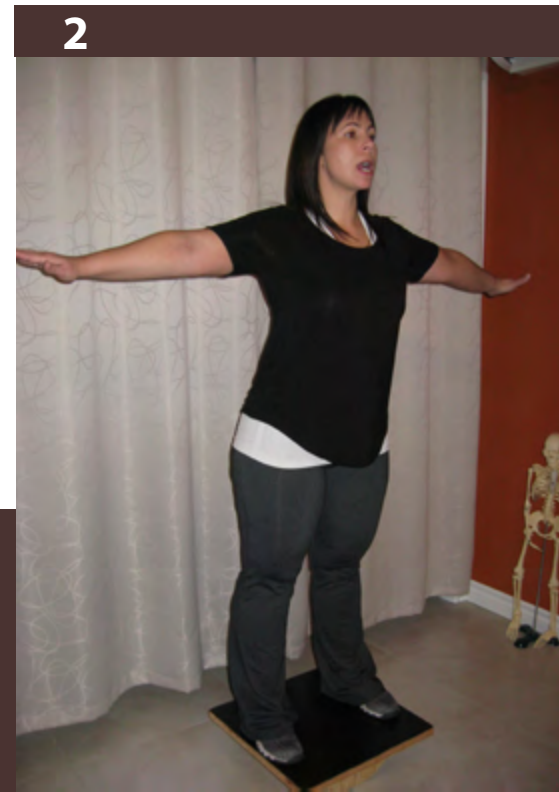
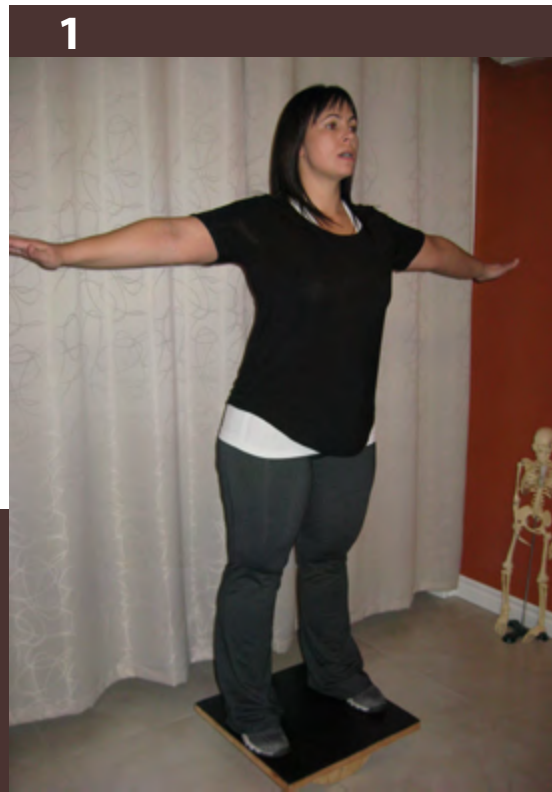
## 9.1 ON A BALANCE BOARD: MOUTH OPENING IN MANDIBLE PROTRACTION (OPEN EYES)

### Position / purpose :

Here, you will need a bidirectional balance board that you will stand on. The purpose of this exercise is to recruit your jaw muscles contraction deeper than it would do if you were standing on a regular surface. This will increase the efficiency of your exercise.

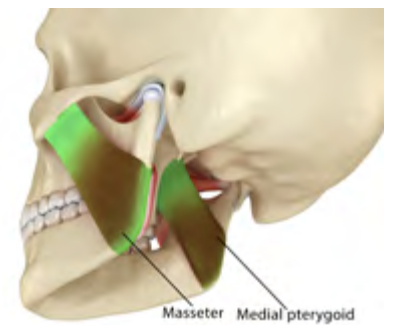
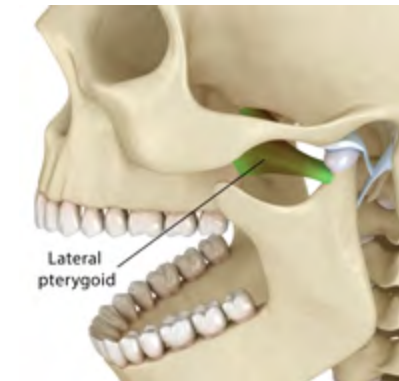
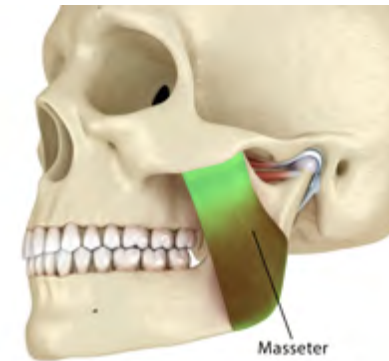
### Description :

Begin! Standing on a bidirectional balance board, find your balance first. Keep your eyes opened during this exercise. Then, open your mouth slowly, but pay attention to bring your chin forward at all times during the opening. Then, close your mouth while you still keep your chin forward. At the end, let your mandible come back in a neutral position. Repeat the number of times prescribed. Breathe normally while doing this exercise.



### Muscles targeted :

Suprahyoid muscles, Masseter (superficial fibres), Lateral pterygoid, Medial pterygoid



**Level : moderate**

**No. Of Set : 1**

**No. Of Repetition : 3**

**Tempo : 30 seconds to do the whole exercise**

**Rest Interval between Sets : 1 minute**

**Frequency : 2 or 3 times a day**