

ISOMETRIC JAW EXERCISE

This isometric exercise is designed to strengthen the lateral pterygoid muscle that is attached to the disc. This muscle, when it is strong, helps to keep the disc in your jaw joint in its proper position when you open and close your mouth. When done properly, this exercise can stop the early, single, painless, opening click.

In order to get any value from this exercise, your teeth MUST be aligned and it must be done with commitment for 6 weeks, in the following protocol:

1. One rep (for 4 seconds) in each direction, once per day, 1st week
2. One rep (for 4 seconds) in each direction, twice per day, 2nd week
3. Two reps (for 4 seconds) in each direction, twice per day, 3rd through 6th week

Do it anytime, in the shower, while driving, watching TV or at bedtime.

Remember: even if the click in your jaw stops before 6 weeks, DO NOT STOP THE EXERCISE! The click will return if the lateral pterygoid muscle is not strengthened to its maximum level.

CAUTION: Do not press your jaw backwards with your hand. If any of these exercises cause pain, back off on the frequency or duration.

**Resist manually active mandibular movements.
Push the jaw against your fingers with equal pressure.**



Mouth opening

Protrusion

Lateral to the left

Lateral to the right