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TEMPOROMANDIBULAR JOINT (TMJ) RECOMMENDATIONS

1. Avoid chewing or crunching on very hard foods. Avoid chewing gum.
2. Do your prescribed spinal posture exercises. Altered spinal alignment can cause abnormal muscle tension in the neck and shoulders.
3. Support your jaw when you yawn by placing your hand on your chin to prevent maximum opening of your jaw.
4. Avoid clenching your jaw or grinding your teeth.
5. Use ice packs on your sore jaw for 15-20 minutes at a time; wrap ice pack in a thin towel or cloth instead of placing it directly on your skin.
6. If your jaw is stuck open, you can try gently wiggling it side to side and massaging the muscles in your jaw, temples, and neck to help it open. Heat packs may also help.
7. Pay attention to any unnecessary facial or neck tension you are carrying. Try to decrease this by deep breathing, consciously relaxing your shoulder muscles, and meditating or remaining calm.
8. If your jaw is stuck open or closed and nothing you try is working, seek medical attention.
9. Consider consulting your Dentist for further examination of your jaw to determine the cause of the problem.