

## MYO-FUNCTIONAL JAW EXERCISES

It has been recommended to you that you do some special jaw exercises to help to remove the spasm in your masticatory muscles. These exercises will help to relieve the tension and allow the jaw to sit back in its normal rest position.



*Phil Macavity says "Just Floss 'Em"*

This is what you should do:

- Clench your teeth together hard for a minute. This will appear to be a long time and will tire the muscles. Keep biting for the full minute.
- Placing your upturned palm under your chin to resist the movement, force your jaw open against your palm for twenty seconds.
- Wiggle your jaw from side to side seven to ten times. Move the jaw as far as is comfortably possible to loosen up the tension.
- Repeat this exercise six times a day, before and after meals.
- Leave your bite splint in your mouth during the exercises if you have one.
- Keep taking the muscle relaxants and anti-inflammatory drugs as prescribed.
- Please see the doctor again as recommended for follow-up care.

We want you to be happy with your teeth. Let us help you. - Thank you.

**NEIL McLEOD, D.D.S., INC.** B.D.S. (Lond.), L.D.S.R.C.S. (Eng.), D.D.S., F.S.A. (Scot)  
A Professional Corporation - 9201 Sunset Boulevard - Suite 715  
West Hollywood, California 90069-3708  
Tel (310 275 5379) Fax (310 275 6854) e-mail - [altandhu@earthlink.net](mailto:altandhu@earthlink.net)