



it all starts with a smile...

Exercise to Prevent Clicking of the Jaw Joint.

The exercise should be carried out sitting in an erect posture in front of a mirror; it should be done at least twice a day in this position until the art of contracting the muscle beneath the chin has been completely mastered.

1. Clasp both hands behind the nape of the neck to provide a headrest.
2. With the mouth closed and the teeth lightly touching, contract the muscle beneath the chin. Attempting to pull the chin back into the neck without opening the mouth. By observing the chin and the neck in the mirror it is possible to see the actual contractions of these suprahyoid muscles.
3. It is essential not to move the jaw or the teeth when doing the exercise. Once the art of the muscle contraction is learned it should be done 3-5 minutes each hour, not necessarily sitting or in front of the mirror.
4. With practice a definite sensation of tension will be noted in the suprahyoid muscles and in the region of the jaw joints.
5. Once the essential exercise has been learned it can be done with small mouth opening movements learning to open the jaw with a backward pull, and avoiding the click. Day by day the extent of month opening is increased always with the jaw positively retruded.
6. Gradually increase the extent of mouth opening until it can be opened to the full normal extent without producing a click – always keep the suprahyoid muscles retracted.

REMEMBER: Muscles can be coaxed, but not driven if you keep practicing this exercise then continue to exercise for 2-3 weeks it will become second nature and the click will not return.