T.M.J Advice

PAIN; DULL ACHE; TIGHTNESS

FACIAL JOINTS/MUSCLES HEADACHE - BACK, NECK, FRONTAL 'GLOBUS'/THROAT

Avoid lateral jaw movements.

Take care when yawning etc.

BE AWARE OF MOUTH; HABITS; WORKLOAD

Teeth: Grinding
Clenching
Biting: Nails, lips,
Inside cheeks

Avoid: Biting pens, breaking sellotape etc with teeth; holding phone in the crook of the neck.

AVOID - CHEWY CRUNCHY, HARD FOOD, CHEWING GUM

Don't clench when: Lifting, concentrating, being emotional, driving, ironing, gardening etc.

Take: Soft food, break/cut up food. Don't bite into!

BE AWARE JAWS ARE RELAXED, EVEN AT REST