

# TMJ Isometric Exercises

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Caution: Please consult your healthcare professional before you attempt these exercises.

Perform  
3 times  
a day

The aim of these exercises is to strengthen your jaw muscles without moving your jaw. Perform these exercises on both sides if required.

1. With your mouth slightly open, grip the right side of your chin with your right hand. Now, try to move your chin to the right side while resisting the movement with your hand. Maintain this contraction for about 10 seconds and then relax. Repeat this exercise 3 times.

1



2. With your mouth slightly open, grip the left side of your chin with your left hand. Now, try to move your chin to the left side while resisting the movement with your hand. Maintain this contraction for about 10 seconds and then relax. Repeat this exercise 3 times.

2



3. With your mouth slightly open, grip the bottom of your chin. Now, try to close your mouth while resisting the movement with your hand. Maintain this contraction for about 10 seconds and then relax. Repeat this exercise 3 times.

3



4. With your mouth slightly open, place your fist under your chin. Now, try to open your mouth while resisting the movement with your hand. Maintain this contraction for about 10 seconds and then relax. Repeat this exercise 3 times.

4



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