

# Rotations exercises

A.Sabbagh

## Physiotherapeutical exercises as treatment for jaw joint discomfort

The exercises aim for normal mandible movement. Please follow the instructions closely and don't lose patience. Make use of our advice and use this sheet as a simple reminder.

The exercises will require a mirror, to which you should attach a small black thread vertically (by using sellotape, for example). In order to achieve the best results, repeat the exercises after brushing your teeth, at least 3x a day, averaging at about ~30 repetitions.



### **Rotational exercises:**

1. Move in front of the mirror, so that the thread is positioned exactly in between your upper incisors
2. Open your mouth about 3-4 times as far as you can and try to locate your joints using your fingers.
3. Pull back your mandible with all your might, as if you'd try to bite your palate with your lower incisors.
4. Roll your tongue upwards, the tip of your tongue should go as far back to your palate as possible. This might be exhausting, but it is necessary.
5. Now open your mouth very slowly and carefully, but as far as you are capable of. Keep your tongue in its rolled-back position and watch out that there is **neither the sound of a crack nor a feeling of pain**. Keep in mind that the position of your tongue should not change at all times!
6. Use your index finger to check that your jaw joint does not continue to move forward, but instead rotates in its position.



Keep repeating this exercise until you are able to open your mouth quickly, without any changes, pain or cracks.

### **After two weeks:**

Do the same exercise against the resistance of your hand, which you should position right below your jaw. This will require more force of your chewing muscle carrying out the exercise.

### **After three months:**

Reduce the amount of repetitions of the exercise step by step. Start with exercising once every day, 4 weeks later every second day. Another month later twice a week.

Do not stop entirely to prevent a relapse. A schedule of one exercise a week is highly recommended.

