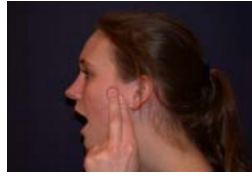


Training the jaw joint to avoid fractures



13. Yawning exercise for the jaw joint

- Place your index and middle fingers next to your jaw joint on both sides
- Open and close without cracking



14. Yawning exercise for the jaw joint

- Place your index and middle fingers in front of the jaw joint on both sides
- Slide the lower jaw straight forward and open and close it in this position without cracking



PHYSIOTHERAPY

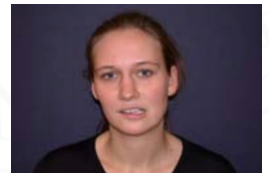
- exercises for the chewing muscles and jaw joint

Warm up



1. Jogging with the lower jaw

- With a relaxed lower jaw, small movements are made up and down and from side to side without tooth contact



2. Relaxation of the lower jaw

- Relax and let your lower jaw hang
- Place your tongue behind your lower front teeth
- Make an "ah" sound and breathe deeply into your belly



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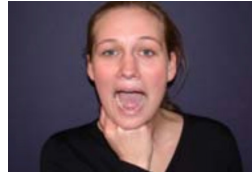
specialtandlægerne
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Strength training



3. Resistance exercise

- Yawn while pressing upwards with a clenched hand on the chin for 5 seconds
- Relax



4. Resistance exercise

- Open and close your mouth while holding back with your fingers for 5 seconds
- Relax



5. Resistance exercise

- Push your lower jaw to the side while holding back with one hand and hold for 5 seconds
- Release and repeat on the opposite side



6. Resistance exercise

- Push your lower jaw forward while holding back with your hand for 5 seconds
- Relax



Stretching



7. Stretching exercise

- Place your index finger on your lower jaw and your thumb on your upper jaw and squeeze your jaws together for 5 seconds
- Use both hands if necessary



Heat



8. Heat treatment

- Use a heating pad or heated towel on the sore areas for 15 minutes
- Repeat as needed



Cold



9. Cold treatment

- Use a cold pack wrapped in a towel on the sore areas for 5 minutes
- Repeat as needed

Massage



10. Facial massage

- Massage the sore areas on your jaws and temples with firm pressure in circular motions for 5 minutes
- Use lotion if preferred

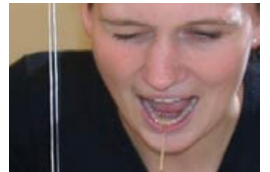


Exercises for the jaw joint



11. Coordination exercise

- Place a toothpick between the front teeth in the lower jaw
- Draw a line on the mirror and open and close your mouth while the toothpick follows the line
- Slide the lower jaw back and forth without the toothpick going to one side



12. Limited opening

- Place the tip of the tongue on the palate
- Open and close the mouth while the tip of the tongue is in contact with the palate at all times

