MANAGEMENT OF JAW JOINT AND FACIAL PAIN

- Soft foods
- Chew straight up and down
- Chew with back teeth
- Don't bite with front teeth
- No gum chewing
- Do not chew on things - such as pencils, etc
- Do not hold telephone by chin
- Do not rest chin on palm
- Sleep on back with pillow under neck
- Sit upright with head back
- Never have teeth touching
- Massage and knead muscle
- Warm, moist heat
- Stretching exercises for neck
- Decrease coffee (caffeine) consumption
- Yawn carefully
- Concentrate on not clenching - check yourself throughout the day
- Chronic problem - must learn to manage
- Must reduce stress by relaxation techniques
- Wear splint as directed

LITTLE DIRECTLY CAN BE DONE TO JOINT OTHER THAN SURGERY, THEREFORE ONE MUST DIRECT TREATMENT TO MUSCLES THAT AFFECT JOINT AND MOVEMENTS OF JAW WHICH AFFECT JOINT

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