

# TMJ DOs & DON'Ts



## DON'Ts

- AVOID PROLONGED SLOUCHING AND FORWARD HEAD POSTURE
- AVOID CHEWING HEAVY MEATS, NUTS, RAW CARROTS; BITING NAILS
- AVOID BIG BITES (BURGERS, APPLES)
- DO NOT CHEW GUM, PENS, ETC
- AVOID PURPOSELY CLICKING YOUR JAW
- AVOID CLENCHING YOUR TEETH
- DO NOT REST CHIN ON THE HAND
- AVOID EAR PLUGS/SPEAKERS
- AVOID LETTING JAW DEVIATE TO SIDE

## DOs

- WEAR NIGHT GUARD (SEE DENTIST)
- WHEN YAWNING, SUPPORT THE BOTTOM JAW WITH INDEX FINGER
- SIT UP TALL, ESPECIALLY WHEN EATING (POSTURE, POSTURE!)
- KEEP TEETH APART WHEN RESTING
- REST TONGUE ON THE ROOF OF THE MOUTH BEHIND THE FRONT TEETH AS MUCH AS POSSIBLE
- KEEP MOUTH CLOSED WITH THE LIPS LIGHTLY TOUCHING TO PROMOTE NASAL BREATHING
- KEEP TONGUE ON ROOF OF MOUTH
- REPEAT ABOVE AT LEAST 10X/DAY