

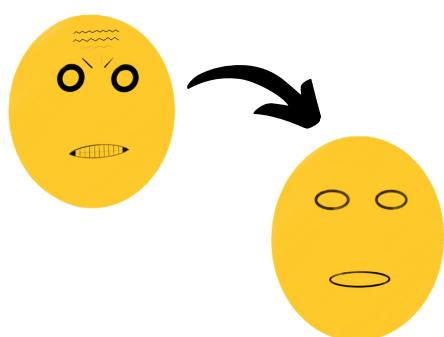
TMD SELF-CARE ALLOWING HEALING TO OCCUR

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REST POSITION



- Teeth Apart
- Tongue Relaxed
- Face Relaxed
- Neck & shoulders relaxed



Use a Reminder  

APPLY HEAT & MASSAGE

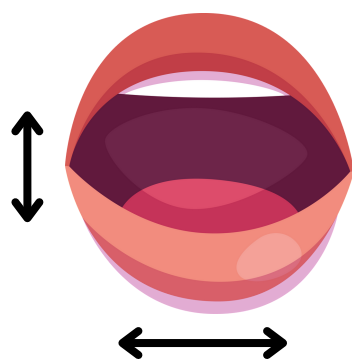


Place heat on the painful muscles
2-4 x per day for 3-5 minutes

Gently massage the muscles

GENTLE MOVEMENT

Gently move your mouth
up & down, side to side



Stretch using your fingers,
but do not increase your pain

Learn to listen to your body

CAUTION

Be mindful when using your jaw:

- Avoid gum, nail biting, etc
- Minimize aggravating foods
- Avoid stimulants



TAKE BREAKS

Take a break from your daily tasks:

- Belly breathe
- Go for a walk
- Stretch

Stop
**BREATHE
& THINK**