

Jaw Resting Positions:

- Practice resting your tongue gently on the roof of your mouth behind your upper front teeth. Avoid clenching your teeth or resting your jaw in a tense position.

Stress Reduction Techniques:

- Learn and practice stress-reducing techniques, such as deep breathing, meditation, yoga, or progressive muscle relaxation, to relax facial and jaw muscles.

Heat or Cold Packs:

- Apply a warm, moist towel or a cold pack to the jaw area to help alleviate muscle tension and reduce pain.

Gentle Jaw Exercises:

- Perform gentle jaw exercises recommended by a healthcare professional/dentist to improve jaw mobility and relieve muscle tension.

Proper Posture:

- Maintain good posture to prevent unnecessary strain on your neck, back, and jaw muscles. Avoid craning your neck forward or slouching.

Avoid Teeth Clenching and Grinding:

- Be conscious of teeth clenching and grinding (bruxism), especially during stressful moments or at night. Consider using a mouth guard or splint to protect your teeth and jaw.

Jaw Massage:

- Gently massage the jaw muscles with clean fingers in circular motions to ease tension. Avoid putting excessive pressure on the joint.

Hydration and Diet:

- Stay well-hydrated and maintain a balanced diet to support overall muscle health and reduce potential muscle spasms in the jaw.

1. Avoid Extreme Jaw Movements:

- Avoid extreme jaw movements like wide yawning or chewing gum excessively, as they can strain the TMJ.

2. Educational Resources:

- Educate yourself about TMJ dysfunction and learn relaxation techniques through books, reputable websites, or guided online programs.