

TMJ-TEMPOROMANDIBULAR JOINT **REDUCING JAW JOINTS PROBLEMS**

REDUCE, RELIEVE, RESOLVE STRESS

STICK TO SOFT FOODS

KEEP CHEWING TO A MINIMUM; NO GUM

PLACE HOT AND COLD COMPRESSES TO THE SORE/SENSITIVE AREAS

EAT NUTRITIOUSLY/TAKE MULTIVITAMINS

EXERCISE TO REDUCE STRESS

GET YOUR SLEEP/REST

DON'T OPEN YOUR MOUTH MORE THAN 2 FINGERS WIDE - SMALL BITES

PHYSICAL THERAPY/ACUPUNCTURE/MASSAGE, ETC.