

FOR YOUR INFORMATION . . .

Physical Therapy for the Jaw

- 1) No gum chewing...AT ALL!!

- 2) Soft Diet. Avoid foods like bagels, caramels, steaks and even salads.

- 3) Do physical therapy three times a day. Once in the morning, after your major meal, and before you go to bed. BEFORE you do the physical therapies take 2 advil each time. Place warm moist heat (a washcloth run under warm almost hot water) and place on the jaw joint. Place the opposite fist under your chin to give just the slightest resistance. Open and close as wide as you can 20 times. Repeat on the opposite side.

- 4) Try sleeping on your back.