TWBBMethod™ Home Practice | Jaw

The Well Balanced Being™

Guided Self-Practice

Gentle self-massage and appropriate jaw exercises may help ease muscular discomfort & support more comfortable movement. Practised regularly, they can form a useful part of your care between appointments.

Everyone's experience of jaw pain is different. Follow the guidance given at your appointment and work within a comfortable range. More pressure or a bigger stretch does not necessarily bring more benefit.

Preparation and safety

These practices support your individual treatment plan and do not replace dental or medical assessment.

If your pain is persistent, severe or worsening, arrange an assessment with your dentist or GP. Seek urgent advice if your jaw locks or you are unable to eat or drink.

- Use gentle pressure and avoid forcing your mouth open.
- Stop if a technique increases pain, causes locking or leaves your symptoms worse afterwards.
- Ask for advice before trying it again.

A 'one off' appointment with your TMJD Qualifed Practitioner may offer some instant relief however, consistant, maintainace appointments along with building your healthy habit of Home Practice, is key.

'You Know You'

Breathe | Ground | Move

Guided Self-Practice

1 | Jaw relaxation

- Sit comfortably with your shoulders relaxed.
- Rest the tip of your tongue lightly on the roof of your mouth, just behind your upper front teeth.
- Allow your teeth to remain slightly apart, without holding your mouth open.
- Breathe comfortably and notice whether you can soften any unnecessary tension around your cheeks and jaw.
- Return to this resting position during the day, particularly when you notice yourself clenching.

2 | Gentle cheek massage

- With clean hands, place the pads of your index and middle fingers over the fleshy jaw muscle beneath your cheekbone, above the angle of your jaw.
- Keep your teeth slightly apart.
- Use light, slow circular movements over the muscle, adjusting the pressure to remain comfortable.
- Avoid pressing directly into the jaw joint just in front of your ear.
- Begin with a short, comfortable massage, following the duration and frequency agreed at your appointment.

Being TWBB™

Guided Self-Practice

A gentle note

- This is for self-support between appointments with your TMJD Qaulifed Practitioner
- Gentle practice | Comfortable movement | Consistency over intensity
- This is not inteted

For a more in-depth guided support with your home practice,
you may find
The Well Balanced Being™ Guided Self-Help | JAW Programme
useful.

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