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## Isometric jaw opening



Isometric jaw exercises are particularly useful for patients with temporomandibular joint dysfunction syndrome. These exercises are performed by applying resistance with an open or loosely fistted hand. In the isometric jaw opening exercise, the patient begins with her mouth open about an inch. The resistance and muscle contraction are held for 5 to 10 seconds before relaxing. This is repeated five times per session. Exercises can be performed with moderate resistance applied several sessions per day, or with maximum resistance 1 session per day.

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## Isometric jaw forward thrust

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The isometric jaw forward thrust exercise is performed by pushing the jaw forward against the hand, holding and then relaxing. This is repeated five times per session.

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### **Isometric jaw lateral thrust**

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The isometric jaw lateral thrust is performed by pushing the jaw to one side against resistance, hold in this position and then relaxing. This sequence is repeated on the opposite side. The exercise is performed five times per side, for five times each session.

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