

Exercise Prescription: Seated Chin Tuck and Poke

Purpose of Exercise:

This is a self-treatment for temporomandibular dysfunction (TMD). When the head incorrectly sits forward on the body, this causes retraction of the mandible and can sensitize the temporomandibular joint (TMJ).

Frequency:

6-8 times per day or about once every 2 hours.

Starting Position:

Sit up straight on a chair or stool. A rolled towel or support may be placed behind the low back to help maintain a good spinal position. Keep your teeth slightly apart and touch your tongue to the roof of your mouth (like you're saying 'no') and maintain this position throughout the exercise.

Exercise Description:

Tuck your chin by slowly moving your head straight backward as far as you can manage.

Now, without moving the position of your head and neck, move your jaw forwards as far as you can. You may place your fist in front of your chin to add a light resistance to this motion. Hold this position for 2-3 seconds then return to the starting position.

Repeat this motion 10 times per session.

Remember that some minor new pains are normal and expected. If the pain becomes worse with each repetition, discontinue the exercise.

Pictures:

