

PHYSICAL THERAPY FOR MYOFASCIAL PAIN-DYSFUNCTION SYNDROME

1. The purpose of this therapy is to influence your lower jaw to function freely in a natural hinge movement in relation to your cranium. Many situations cause the malfunction of your lower jaw. Examples are: accidents, surgery, developmental defects, peculiar oral habits, many fillings placed over numerous years, naturally occurring malocclusion (poor bite), orthodontics, psychological stress, clenching or bruxing of teeth, and other problems.
2. The following self-administered therapy will usually free the lower jaw considerably if you are consistent in carrying out the regimen. Approximately 80 percent of patients with jaw problems feel better when doing this therapy. Some patients do not require further treatment, but most patients do require other treatments to be described later.
3. This therapy should be accomplished one time per day (unless otherwise directed.)
4. The most convenient time is usually before bedtime. If this is not so for you, please select another convenient and relaxed time.
5. **THERAPY:**
 - A. Heat. Apply heating pad, hot wash cloth, hot water bottle, or other heat source to the affected areas for 5 minutes before beginning exercises.
 - B. Carry out the following exercises for 1 minute each (a total of 5 minutes.)
 - (1) Open-close. Place fist under front of jaw to resist opening movement. Do not cause pain. Be gentle. Open and close jaw 30 times in one minute.
 - (2) Forward. Move jaw forward and back with fist on front of chin.
 - (3) Right. Move jaw to right with fist on right front of chin to resist movement.
 - (4) Left. Move jaw to left with fist on the left front of chin to resist movement.
 - (5) Neck turn. Sit up very straight. Rotate head as far right as possible and gently force turn once every 2 seconds for 30 seconds. Turn head to left and repeat.
 - C. Apply heat for another five minutes.
6. Further therapy such as an occlusal splint (plastic device worn in mouth), an occlusal equilibration (judicious trimming of teeth and fillings to make jaws come together correctly,) or other procedures may be needed to assist in your treatment.
7. Please call if you have any difficulty.