

## TMJ Home Therapy



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### Diet

- Liquid diet
- Soft chew Diet (Soft means can push fork through food, no muscle contraction on chewing)
  - Chew gently, only up and down. No side to side.
  - Side to side chewing OK
- Regular Chew Diet

### Thermal Therapies

- Hot, Cold Hot.
- Ice 15-20 minutes, 3-5 times a day for 3 days, 2-3 times a day for additional 3 days.
- Cold Laser Therapy (In Office)

### Exercises 20 2 2 10

- 5-6x a day to rehabilitate damaged jaw joint
  - 20 reps Side to side
  - 2 reps Forward and back
  - 2 reps Open wide, but not too far
  - 10 reps Side to side

You can go to 2-3x a day to maintain once joint has adapted

- Various Jaw exercises: Do 20 reps, 5x a day
  - Open and close
  - Forward and back
  - Left and right
  - Active stretch open
  - Left and right against resistance
  - Resistance open
  - On orthotic- Open- Close forward- Slide to home
  - On orthotic- Open- Close right- Slide to home
  - On orthotic- Open- Close left- Slide to home
- Tongue blade stretch- 5 repetitions, 30 second stretch.  
Keep adding one more tongue blade when able.

### Temporary anterior stop

- Wear 24/7 except to eat for 5-7 days.
- Wear for sleep for 1-2 weeks
- Discontinue wearing after 2 weeks unless approved by Doctor.

### Medications

- Aleve Liquid Gels 220 mg,  
One tablet twice a day
- Advil Liquid Gel 200 mg  
3 tablets three times a day
- Tylenol extra strength 500mg  
1 tablet six times a day

5 Days

7 Days

\* DO NOT Exceed anti-inflammatory medication for more than 7 days or complications can develop.

Topical CBD-  
"Somebody CBD Balm"  
3-5x a day for 1 to 2 weeks

Doctor's Best Vegetarian  
Glucosamine Chondroitin & MSM  
Take 2/day

Shaklee +C Boost- 500 Vitamin C  
Sustained Release.  
Take 1000mg before sleep