



## Home Advice and Exercise Prescription

### Acute Phase

- Avoid or minimize any aggravating activities (e.g., avoid chewing gum and eating foods that are difficult to chew).
- Keep a good neck and back posture when sitting.
- Apply ice over the affected TMJ for about 5 to 10 minutes, several times a day. Ice can be applied as often as every hour.

**Additional Notes:**

### Recovery and Rehabilitation Phase

- Continue to avoid or minimize any aggravating activities (e.g., avoid chewing gum and eating foods that are difficult to chew).
- Perform the TMJ Isometric Exercises.
- Perform the SCM and Temporalis Stretches.
- Stop the above exercises if they worsen your symptoms. Apply ice and inform your health practitioner.

**Additional Notes:**

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