

FREE GUIDE

10

ways to relieve
jaw pain and
associated
symptoms
at home



TMJ
MASSAGE
THERAPIES

Be free. Have no more jaw pain.

Congratulations on taking control of your jaw pain.

I hope you find the following information helpful and that you can use some of the following techniques to relax your jaw at home.

(Please note:
The recommendations in this PDF are not a replacement for the advice of a health professional).

Contents

- 1 Self care

- 2 Yin Yoga

- 3 Mindfulness & meditation

- 4 Reduce stress & emotion

- 5 Train your tongue

- 6 Digital detox

- 7 Foam rolling & fascia release

- 8 Earthing

- 9 Heat therapy

- 10 Sleep position

1

Self care

“A self care Sunday well spent brings a week of content.”

I highly recommend introducing the idea of a self care Sunday into your routine.

Fill the bath with bubbles, put on some relaxing music and take some time to fully relax, restore and recuperate ready for the week ahead.

Self care enhances overall happiness and good health...

Breathe. Relax. Pause.
Be kind. Nourish. Repeat!

2

Yin Yoga

The style of yoga to choose if you want to calm the mind, stretch the body and restore your inner peace.

Over the years, myself and many other bodyworkers have noticed that relief from jaw symptoms is repeatedly amplified and extended by working not only in the muscles of the head, neck and jaw, but additionally with the muscles of the pelvis and hips.

This is where I find Yin Yoga poses (specifically the Reclining Pigeon and Reclining Twist) can be really beneficial... learn how to do these at home on the following pages.

2



Reclining Pigeon

For your hips, glutes and ITB

1. Lie on your back with your knees bent and the soles of your feet on the floor.
 2. Cross your right foot over your left knee, with your right knee sticking out to the side.
 3. Keep your right foot flexed to maintain the integrity of the knee.
 4. Reach behind the hamstring on your left leg and hug it toward your chest as you open your right knee.
 5. Hold for 30 seconds - 2 minutes on each side (depending on flexibility).
- TIP: Keep your head flat on the floor by tucking your chin down.

2



Reclining Twist

1. Lie down on your back.
2. Bend your knees and put the soles of your feet on the floor with your knees pointing to the ceiling.
3. Press into your feet and lift your hips slightly off the floor. Shift them about an inch to your right (to ensure your hips stack one on top of the other when you move into the twist).
4. Exhale and draw your right knee into your chest and

extend your left leg flat on the floor. Keep your left foot actively flexed throughout the pose. Inhale.

5. Exhale and cross your right knee over your midline to the floor on the left side of your body. Your right hip is now stacked on top of your left hip.

6. Open your right arm to the right, keeping it in line with your shoulders. Rest your left hand on your right knee or extend it to make a T shape with the arms. Turn your palms toward the ceiling.

7. Turn your head to the right, looking over your shoulder to your right fingertips. (You can skip this step if it doesn't feel good on your neck).

8. Hold the pose for 5 - 10 breaths. To come out of the pose, inhale and roll onto your back, drawing your right knee into your chest. Release both legs to the floor to neutralise your spine for several breaths before doing the other side.

3

Mindfulness & meditation

Meditate rather
than medicate.

Meditation is becoming increasingly popular as a means of combating the stresses and strains of modern day life and boosting mental performance.

According to Mind Clear, meditation reduces stress and anxiety, helps with sleep, generates self-awareness and can make you happier and healthier.

I can highly recommend Headspace for a short, easy-to-use introduction to meditation and mindfulness.

Find out more:

- www.getmindclear.com
- www.headspace.com



Reduce stress & emotion

How stressed are you? Are you feeling anxious?

TMJ pain may indicate a tendency not to speak up, hold resentment or repress emotions such as anger, rage, bitterness fear, anxiety and anger.

As a result, they can be responsible for causing you to clench your jaw and tighten your facial muscles which make the TMJ tighten.

Here are a few things you can do to reduce the escalation of stress:

- Breathe!
- Exercise – sweat and stretch it off
- Meditate
- Talk through your worries
- Consciously think more positively
- Rest/sleep
- Complete a random act of kindness

5

Train your tongue

When your tongue is anchored correctly, it can help your head, neck and jaw muscles relax and obtain the rest they need.

Tongue Exercise:

Set aside two minute periods each day at a time when you are relaxed – e.g. just before you get up or go to bed.

Sit upright to perform all of the following exercises:

1. Close your mouth and make sure your teeth are touching. Do not 'clench' your teeth. Rest the tip of your tongue on your palate, just behind your upper front teeth.
2. Run the tip of your tongue backwards towards your soft palate at the back of your mouth

as far back as it will go. Keep your teeth gently together.

3. Hold your tongue back in this position to keep contact with the soft part of your palate and slowly open your mouth until you feel your tongue being pulled away. Do not open your mouth any further. Stay in this position for a few seconds then close your mouth and relax.

4. Repeat this procedure slowly but only for the next 5 minutes.

As you open your mouth you should feel the tension in the back of your neck and under your chin. The next few times you perform the exercise do it while looking in a mirror, to check that your lower teeth move vertically downwards and do not go off to one side.

If you are performing the exercise correctly there will be no clicks or noise from your joints. If there is, re-start the exercise and continue practicing, adjusting your position until it is click-free.



Digital detox

If you're not present, where are you?

I highly recommend a digital detox at least every 3 months. Take the opportunity to reconnect, recharge and remember the real you!

If you can't take time away from your devices try and be mindful throughout the day when using them to draw your skull up and back and sit up straight.

It sounds simple, but it's a remembering game. Getting your computer off your lap, or leading with your chest instead of your nose whilst texting, are a couple of examples of mindful ways to make sure your head isn't jutting forward when using your devices!

7

Foam rolling & fascia release

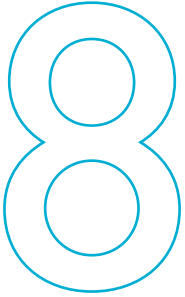
Introducing self-
myofascial release

Essentially, foam rolling is a form of self-myofascial release, or self-massage, that gets rid of adhesions in your muscles and connective tissue.

Foam rolling also increases blood flow to your muscles and creates better mobility, helping with recovery and improving performance.

There are many foam roller benefits. The most important reason being due to myofascial release.

I highly recommend foam rolling your feet, hips, back & shoulders to help relieve TMJ pain.



Earthing

How often do you go for a stroll in nature?

Did you know that a simple barefooted stroll in nature can bring a number of benefits to our health, wellness and jaw dysfunction?

According to emerging research, earthing may be beneficial in:

- Reducing inflammation
- Reducing chronic pain
- Improving sleep (I can strongly vouch for this)
- Increasing energy
- Lowering stress and promoting calmness by reducing stress hormones
- Normalising blood pressure, blood flow and relieving muscle tension and headaches.

9

Heat therapy

A great way to decrease joint stiffness, reduce pain and inflammation, and relieve muscle spasms.

Heat is another treatment that you can use on sore joints and muscles.

I recommend using a re-useable heat pack or hot water bottle on the jaw and temporalis muscles on the side of the head whenever you feel tired or tight in that area.

10

Sleep position

The importance of posture when sleeping.

The best way to sleep (as far as your jaw is concerned) is on your back. This allows the muscles of your face, jaw and neck to be in a more relaxed position.

I highly recommend the Complete Sleeperr Pillow to help with sleep posture.

The Complete Sleeperrs' gentle contoured shape ensures the head and neck are evenly supported in optimum comfort, thus encouraging the spine's natural alignment.

They are available for purchase from my website: tmjmassagetherapies.com/shop/complete-sleeper

If you have any questions or would like to discuss your symptoms in more detail please do not hesitate to contact me.



TMJ
M A S S A G E
T H E R A P I E S

Helen Baker

T: 07931 709034

E: helen@tmjmassagetherapies.com

www.tmjmassagetherapies.com