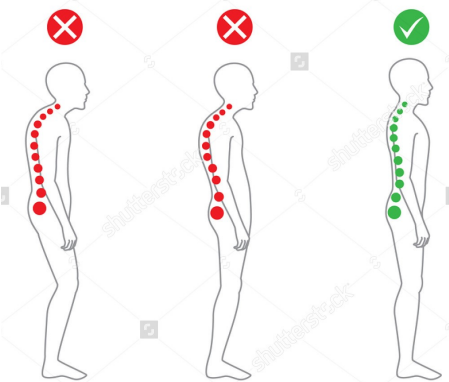


# CORRECT POSTURE

Correct posture is a very important component to your TMJ treatment and overall health. Poor posture can throw your head and spine off balance in relation to gravity. This can place unnecessary wear and tear on muscles and joints. Bad posture can result in jaw, neck, shoulder, and head pain. It is very important for each individual to listen to their body and correct poor posture habits.

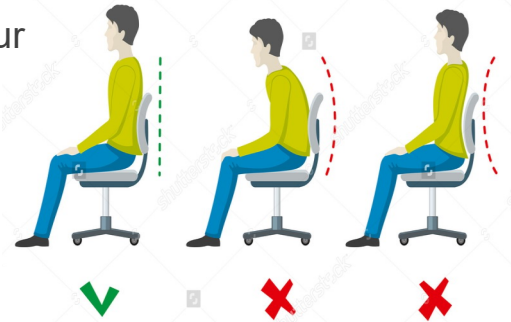


## Standing and Sitting

While standing or sitting keep your head tall and shoulders relaxed

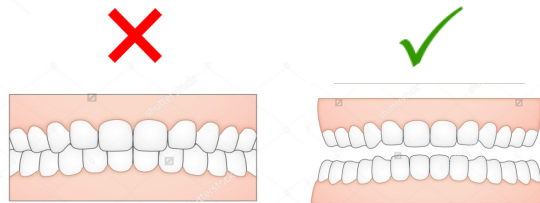
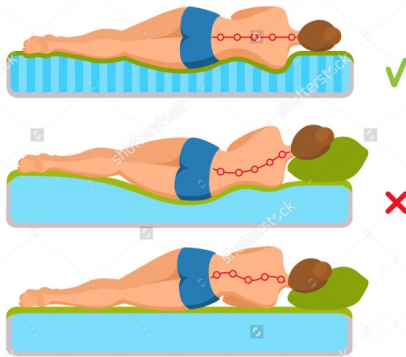


A proper chair will support your arms and shoulders. This helps prevent strains of the neck due to forward thrust.



## Correct Sleeping Posture

Do not sleep on your stomach. Try a side position and adjust your pillow to maintain your head and neck in a neutral position. If you sleep on your back make sure your pillow supports your neck and put a bolster under the knees



## Correct Jaw Posture

Jaw should be relaxed, tongue on the roof of your mouth, and the teeth not touching. If you find yourself clenching gently set your tongue between your teeth. Remember to keep your head and neck tall with relaxed shoulders. Take the energy out of your jaw and keep your facial muscles relaxed.

