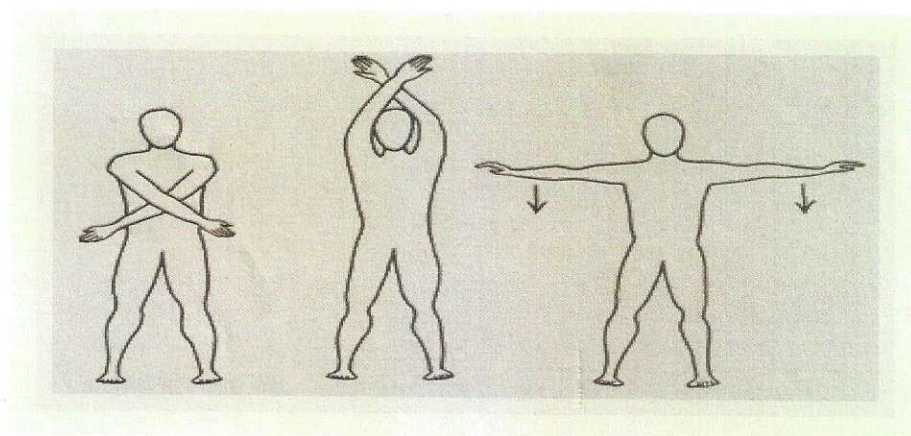




# TMD HOME THERAPY



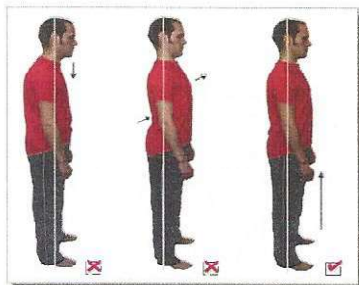
# PACKET

# CORRECT POSTURE


## Breaking Bad Posture Habits

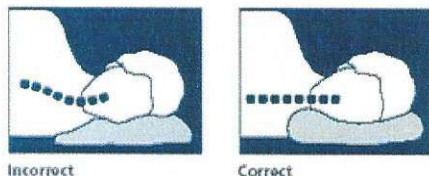
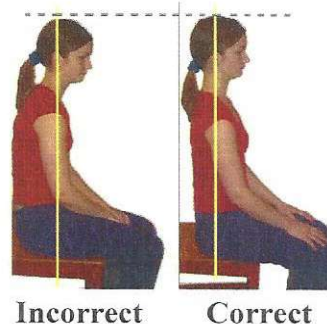
Habits are repetitive behavior patterns which we repeat so often that they become ingrained. They often begin at an early age. Many damaging habits involve posture such as; sleeping on the stomach, carrying heavy shoulder bags, sitting cross-legged or cradling the phone between the chin and shoulder.

Most people don't equate posture with TMJ health. Poor posture, however can throw your head and spine off balance in relation to gravity. This places unnecessary wear and tear on muscles and joints and can eventually cause pain in the muscles of the jaw, head, neck and shoulders. It is up to each individual to notice and break these habits.



**Standing & Sitting**  
While standing or sitting, keep neck drawn back and chin tucked in, not up.

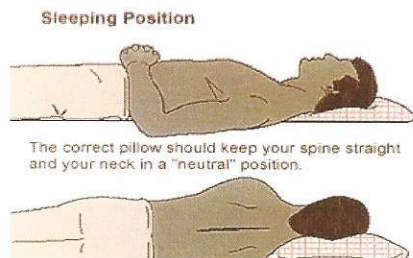
  
A proper chair will support your arms and shoulders and help prevent strains of the neck due to forward thrust.



### Sleeping

Do not sleep on your stomach. Lie on your side and adjust your pillow to maintain your head and neck in a neutral position. Keep your arms down.

If you sleep on your back, put a pillow under your neck, not your head. Use a bed board or a firm orthopedic mattress. A proper pillow is 3-4" thick, 6-7" wide and 16" long. Posture pillows and contoured pillows are helpful.



### Correct



### Driving

Do not drive with the seat too far back or too low. If necessary, sit on a pillow or use a seat support to avoid stretching up and forward to see over the steering wheel.

### Correct



### Incorrect

### Correct



### Reaching

Keep buttocks tucked under as you reach. Use a stool and avoid unnecessary reaching.

### Incorrect



### On the phone

When picking up a phone, do not hold it with your shoulder. This will cause injury to the neck and can cause loss of circulation down the arm. Hold it with your hand next to your ear, with your neck straight and face forward.



# STRETCHES

TMJ Therapy Inc.

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## Jaw Stretch (dropped jaw):

Stretch and relax jaw muscles by dropping your jaw OPEN, then close in a rhythmic motion. Repeat 10 times.

**Benefits:** Stretches can help correct the condition and can be a very effective supplement between treatments.



## Neck Stretch:

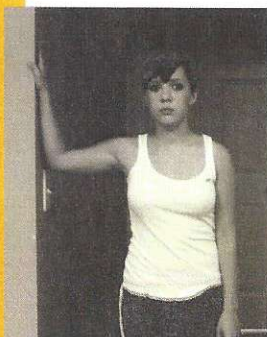
Sitting on a chair, with good posture, place your left arm down at your side grabbing the bottom of the chair. Take your right hand and place it over your head just above your left ear. Now gently pull your head to the right giving your neck a nice stretch.

Hold for 16-30 sec. Repeat on other side. Do this 1-3 times per side.

To obtain a stretch to specific neck muscles just slightly rotate the neck till you receive the stretch to the muscle desired. Do this using the instructions above.

**Benefits:** This keeps the neck muscles mobile, and helps give relief while increasing range of motion.

## Specific to the muscle



## Intensified Stretch

### Pectoralis Stretch:

Stand in a doorway or hall with your hand and forearm on the surface. Have your arm at a 90 degree angle on the wall. Slowly twist the body till you feel a good stretch in the peck muscle. Hold the stretch for 30 sec then apply to the other side. Apply this stretch in the morning and before bed.

**Intensify Peck Stretch:** You can intensify this stretch by sliding the arm up the wall as demonstrated in the third photo.

**Benefits:** This stretch opens the chest cavity and help relieve stress on the upper back/shoulder muscles.





# HYDRO THERAPY

**Hydro Therapy (Water Therapy):** The use of water in any of its three forms: solid, liquid or vapor, internally or externally, in the treatment of disease or trauma.

**Caution:** Certain medical conditions can effect your hydro therapy treatment. If your are concerned ask the doctor or therapist..

**When to use Cryotherapy (cold therapy):** Sprains, Increase range of motion-when swelling is present, Increase circulation-a short cold application, decrease swelling, headaches, decrease muscle spasm, after treatment of Trigger Point Therapy/deep tissue massage.

Application of cold treatments: Ice packs, slush packs, ice massage, cold bath.

**When to use Heat therapy:** Decrease pain, decrease stiffness, relieve tension, decrease joint pain, decrease muscle spasm, Pre stretching, decrease stress, Increase tissue healing, increase relaxation response.

Application of heat treatments: Gel packs, hot bath/shower, electric heating pad.

## How long to apply cold and heat treatments:

\_\_\_ If no visible swelling: Apply heat for 3-5 min then cold for 10-15 min. (Good application for most conditions)

\_\_\_ Visible swelling/or after a Deep tissue massage: Apply cold for 15-20 min. Do not exceed 20 min unless advised by a doctor.

## After a work out:

\_\_\_ If it is within an hour of your workout cool your body down in a cool bath/shower for 3 min. (does not need to be freezing, just cool to the touch)

\_\_\_ If it is an hour or more after your work out take your normal hot bath or shower then turn the water cool for 3-5 min. This helps bring the body back to homeostasis.



# TMJ Therapy, Inc.

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## Home Care Instructions for Your Oral Appliance

To Remove: With your fingertips or fingernail, pull on the edges of the appliance.

To Place in Your Mouth: Place the appliance over your teeth in the correct alignment and push into place with your thumbs or forefingers.

To Clean: Remove the appliance when you brush your teeth and brush it with toothpaste. For removal of odor and stains, soak the appliance in any of the following solutions on a least a weekly basis. The appliance will absorb the color of any mouthwash if it is not diluted 50/50.

Mix small amount of mouthwash with the same amount of water, soak for 20-30 minutes.

Mix 2 tablespoons of baking soda and ½ cup tap water, soak for 20-30 minutes.

Mix cool tap water and denture cleaning solution, soak for 15 minutes.

### Special Notes:

When you are not wearing your appliance, rinse it and store it in the case provided to you. Be sure to wear your appliance as directed. It is especially important that you wear it when you are stressed or concentrating on something like driving, paperwork, exercising, sleeping, or any physical activity. These times are when you are most likely to grind or clench your teeth.

Try to condition yourself to keep your teeth slightly apart, even when wearing the appliance. **RULE:** Lips together teeth apart! Rest your tongue in the roof of your mouth where it naturally goes when you say the letter "N". Separating the teeth will help your muscles to relax and reduce the stress on the jaw joints. Exceptions are when you are chewing or swallowing.

You may find that you have more saliva in your mouth. This is your mouth getting used to having something in it all the time. In time this will decrease. You will probably have sore teeth, a sore tongue, and some muscle pain or soreness after first getting your appliance. This is only the muscles and teeth becoming accustomed to the appliance. These symptoms should subside in a few days. If in a week the symptoms do not change, please call.

The best way to learn to speak with your appliance is to start right away by enunciating more dramatically and reading aloud or singing to practice. It may take a few days to become accustomed to speaking with it. Remember, practice makes perfect, and you sound worse to yourself than you do to others. Be careful with your appliance. Keep away from animals and small children. They love to play with the appliance. Try not to drop the appliance as it might break. Never wrap the appliance in a paper towel or tissue and lay it down, someone might throw it away. Don't put it in your pocket, it might break or you may lose it. Avoid flipping the appliance with your tongue, this can cause damage to the appliance and make the muscles in your face sore.

Please let us know of any dental care you may be having done. It can change the fit of your appliance, which may require an adjustment or a replacement. Keeping your mouth open for a long period of time can strain the muscles we are working on. If dental work is necessary, tell your dentist that you are being treated for TMJ dysfunction. Ask your dentist or hygienist to give you a rest every 15- 20 minutes, at which time you should try to wear your appliance. Also, do not open very wide or allow your jaw to be forced open with a mouth prop, or rubber dam, especially for long periods of time. We also suggest you use moist heat and an anti-inflammatory before and after your dental visits. This will help with any discomfort in the muscles and jaw joint that might occur because of dental work.

**If you have any problems or additional questions after you leave our office, please feel free to call us. We want this to be as pleasant of an experience as possible for you, and we are anxious to assist you in adjusting to this therapy.**