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Maxillofacial & Oral Surgeon

Jaw Exercises – These exercises should be done at least twice a day and every night before bedtime.

Warming Up Exercises:

- Lie down on the bed or sit comfortably in a chair
- Open and close mouth (10x)

Active Stretching

- Slowly open as wide as possible (5x)
- Rest
- Repeat procedure

Reflex Relaxation

- Place hand under your chin and open against resistance of the hand (5x)
- Rest
- Slowly open as wide as possible (5x)
- Rest
- Place hand under your chin and open against resistance of the hand (5x)
- Rest

Assisted Stretching

- Place finger on the lower teeth with mouth open, close your mouth with resistance of the finger (5x)
- Rest
- Slowly open as wide as possible (5x)
- Rest
- Place finger on the lower teeth with mouth open, close your mouth with resistance of the finger (5x)
- Rest

Side Way Movement of the Jaw

- Place your hand on the left side of the jaw and press firmly against the chin while opening the mouth (5x)
- Rest
- Slowly open as wide as possible

- Rest
- Place your hand on the right side of the jaw and press firmly against the chin while opening the mouth (5x)
- Rest
- Slowly open as wide as possible (5x)
- Rest
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Good luck and we wish you a speedy recovery