



## TMD PROTOCOL

### Temporomandibular Disorder

#### PRIMARY PREVENTATIVE TREATMENT:

-Video for jaw stretches

- Diet- Avoid hard chewy food including chewing gum

- Heat packs

- Self-massage (with voltaren gel, avoid eyes)

- Mindfulness

Check in throughout the day to see if your teeth are touching. Thereby should be 1-2mm apart at all times except chewing. It can help to link this check in with an existing habit like drinking water, checking time, refreshing emails.

- Relaxation techniques before bed

Breathing 4 secs- hold 4 seconds- out 6

Having a longer out breath activates the parasympathetic nervous system, it helps relax and calm you and your jaw muscles.

Download this free app iBreathe

Or watch this video on you tube to guide you if needed

- Nurofen or paracetamol if pain is present

-Address the tension in your back, neck and shoulders

Below is the details of a fabulous Chiropractor in Edgecliff, as jaw habits can be the cause of or exacerbated by tight or misaligned back, neck and shoulders.

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#### SECONDARY TREATMENT OPTIONS

If the above does not help or is too hard to implement into your routine secondary options include:

- Botox injected into the jaw clenching muscles

- Night guard ("splint") to protect teeth from damage