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Self-directed home physical therapy for sore Masticatory Muscles or Temporo-mandibular joint (TMJ)

Apply hot or cold compress to sore muscles. Use whichever feels more comfortable. Keep hot/cold compress in place for 2 to 3 minutes.

Massage sore muscles/TMJ using fingers to press on the muscle in a circular motion. Massage for 5 seconds.

Stretch mouth open to the limit that is comfortable and hold for 5 seconds. Do not massage while stretching.

Repeat massage and stretch, alternating back and forth for 5 repetitions.

Reapply hot or cold compress for 2-3 minutes.

Do this routine at least 5 times a day for practical purposes; the hot or cold application can be eliminated if not at home.

Do not eat hard foods (ice, nuts) or chew gum, as this will aggravate the area.

Use 200 mg over-the-counter ibuprofen (Advil, Motrin). Take up to 800 mg at once 4-6 times a day to eliminate muscle and TMJ inflammation. Use the ibuprofen for up to 1 week.

Symptoms may take up to 2 weeks to completely go away.

If pain continues after 2 weeks please call the office.