HOME-CARE RECOMMENDATIONS FOR TEMPORO-MANDIBULAR JOINT DYSFUNCTION (TMD)

What's important to keep in mind:

- The primary cause of TMD is emotional holding and postural and dental imbalance
- The emotions you are holding onto are affecting your jaw symptoms. Without dealing with the expression of these emotions, it may be challenging to resolve the symptoms
- The jaw, neck, spine, pelvis and feet are connected and inter-related.

Suggested Practices

1. Express and embrace all your feelings and emotions
2. Receive craniosacral therapy working with the TMJ
3. Bring awareness to your posture while sitting and standing and notice how it affects the jaw in different positions
4. Practice mindfulness and embodiment such as Yoga Nidra and meditation to bring greater calmness and awareness
5. Whole-body flexibility exercises to release and rebalance the fascia and muscles
6. Strength training the posterior chain (neck, back and leg muscles) to improve your posture
7. Practice the self-care muscle releases taught to you

Additional Suggestions for Mouth Breathers

1. Remove foods that create excess mucous and interfere with nasal breathing
2. Breath through the nose, not the mouth. Practice nasal breathing with tongue held on the palate and lips together. Begin with 5-10 minutes
3. Use mouth tape and nasal strips at night (Nexcare paper tape for the mouth)
4. Use Myofunctional Therapy Exercises to strengthen the muscles of the jaw https://youtu.be/65tlxqQ4A3A

Additional Suggestions for Babies and Children

1. Eat hard foods and chew thoroughly to develop the jaw
2. Use a Myomunchee if necessary to develop the jaw muscles