

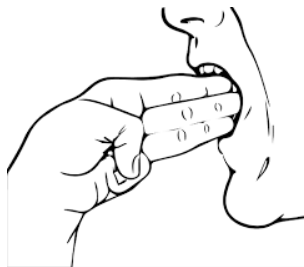
3-Finger Jaw Stretch Exercise

Patient Instructions for TMJ Disorders

This is a gentle, passive stretching exercise designed to help relax tight jaw muscles and improve opening for patients with temporomandibular joint (TMJ) disorders. The goal is a prolonged, painless stretch. **Do not force your jaw open to the point of pain.** Mild stretching sensation is normal but stop if you feel sharp pain.

How to Perform the Exercise

1. **One Finger** Place the tip of your index finger horizontally between your upper and lower front teeth. Gently rest your teeth on the finger — do not bite down hard. Hold this position for **30 seconds**.
2. **Two Fingers** Stack the tip of a second finger on top of the first (still horizontally between the front teeth). Allow your jaw to rest gently on both fingertips. Hold for **30 seconds**.
3. **Three Fingers** Stack the tip of a third finger on top of the first two. Rest your jaw gently on all three fingertips. Hold for **30 seconds**.



← Final 3-finger jaw stretch

Repeat the full sequence (1 → 2 → 3 fingers) 4–6 times per day.

Important Tips

- This is a **passive** stretch. Let gravity and the weight of your jaw do the work — do not actively push down.
- If you cannot fit 2 or 3 fingers comfortably:
 - Start by inserting the finger(s) deeper into your mouth to gradually increase opening.
 - Or add a knuckle (the thicker part of the finger) before trying an additional full finger.
 - Progress slowly over days or weeks as your jaw relaxes.
- Always stay within a pain-free range. If any step causes pain, stay at the previous level longer.
- Perform in front of a mirror, if possible, to ensure symmetric opening.

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