

## TMJ Home Therapy



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### Diet

- ☐ Liquid diet
- ☐ Soft chew Diet (Can push fork through food, no muscle contraction on chewing)
  - ☐ Chew gently, only up and down. No side to side.
  - ☐ Side to side chewing OK
- ☐ Regular Chew Diet

When eating the orthotic (appliance) is

- ☐ In the mouth
- ☐ Out. DO NOT put appliance on table or tray. Goes in your pocket!!!
- ☐ Either in or out of mouth. Your preference.

### Thermal Therapies

- ☐ Hot, Cold Hot.
- ☐ Ice 15-20 minutes, 3-5 times a day for 3 days, 2-3 times a day for additional 3 days.

### Exercises

- ☐ 20 reps, 5x a day
  - ☐ Open and close
  - ☐ Forward and back
  - ☐ Left and right
  - ☐ Active stretch open
  - ☐ Left and right against resistance
  - ☐ Resistance open
  - ☐ On orthotic- Open- Close forward – Slide to home
  - ☐ On orthotic- Open- Close right – Slide to home
  - ☐ On orthotic- Open- Close left – Slide to home
- ☐ Tongue blade stretch- 5 repetitions, 30 second stretch.  
Keep adding one more tongue blade when able.

### Medications

- ☐ Aleve Liquid Gels 220 mg,  
One tablet twice a day
- ☐ Advil Liquid Gel 200 mg  
3 tablets three times a day
- ☐ Tylenol extra strength 500mg  
1 tablet four times a day

### Anterior Repositioning Orthotic

- ☐ Wear 24/7 except to eat for 5-7 days.
- ☐ After 5-7 days full time wear, use for sleep only for additional week.
- ☐ Discontinue wearing after 2 weeks.