

MOVEMENT TRAINING FOR HABITUAL JAW LUXATION

In jaw luxation (dislocation), the head of the jaw joint slips out of the joint socket when the mouth is opened wide. Habitual jaw luxation often occurs in people with general joint hypermobility or where the joint socket is unusually shallow.

The aim of the following exercises is to prevent the head of the jaw joint from ending up outside the joint socket and, when this does occur, to make it easier to move it back into the joint socket.

It is important always to avoid opening your mouth to the maximum, particularly when eating or yawning.

Initially, the exercises can cause short-lasting aching and/or discomfort. Avoid the exercises on the programme that cause immediate or lasting pain. Between training sessions, take note of whether you are biting your teeth together. Remember that your teeth should only touch when eating and swallowing.

By all means perform your movement training in front of a mirror to make it easier to coordinate the movements of your lower jaw.

Keep your head straight during the exercise.

PERFORM THE ENTIRE PROGRAMME THREE TIMES EACH DAY



EXERCISE 1 TO AVOID LUXATION

1. Slowly open your mouth somewhat.
2. Place the tip of your tongue on the palate behind your upper teeth.
3. Now slowly open your mouth as wide as you can without the tip of your tongue losing contact with your palate.
4. Close your mouth without your teeth touching.

Repeat for 1 minute



Scan the QR code for an instruction video.



EXERCISE 2 TO STRENGTHEN THE MUSCLES THAT CLOSE THE MOUTH

1. Slowly open your mouth wide, but not to the maximum.
2. Place two fingers on the incisors of your lower jaw.
3. Now close your mouth slowly against the mild resistance provided by your fingers.
4. Hold for a few seconds and release your fingers.

Repeat 10 times.