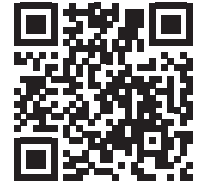


MODIFIED MOVEMENT TRAINING

in anterior disc displacement with reduction



Scan the QR code for an instruction video



Place your index fingers over both jaw joints. Open your mouth and close your lower jaw, taking note of when your jaw joint clicks.

Bite your molars together.



Open your mouth wide until it clicks. Bring your lower jaw forward from the mouth open position.



Close your mouth in the forward-protruding position, at least far enough for the teeth to meet, at least edge-to-edge. Open your mouth from this position and then bring your teeth together again a long way forward. No clicking should be heard when you perform this movement. If you do hear clicking, start the exercise again.

Repeat the movement for 3 minutes 4 times a day.

Ensure that you do the movement without your teeth touching and keep your head straight during the exercise.