

Modified movement training in Anterior Disc Displacement with Reduction



Open your mouth
wide until it clicks.



Bring your lower jaw forward. Close your mouth in the forward-protruding position, at least far enough for the teeth to meet. 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 30–60 seconds, several times a day.