

## THE START OF A COMPLETELY PAIN-FREE TMJ

**DISCLAIMER:** First consult your doctor to ensure no break, infection, tumor, tear or organ involvement.

15 mins. At least once in the morning. Do exercises daily until pain stops for 48 hours. Then see the instructions at the bottom for further support.

***Sitting Knee Pillow Squeezes:*** This turns off compensating hip muscles for walking.

**How:** Sit on edge of chair. Arch low back forward. Place pillow between knees. Pull shoulders back. Knees and feet line up with hips. Relax stomach muscles. Place pillow between knees, using inner thighs. Squeeze pillow for 2-second hold then release gently. You may need to fold pillow for thickness. Keep feet parallel to each other and don't let stomach or upper back participate. Do 3 sets of 20 reps.



***Sitting Heel Raises:*** This turns off compensating hip muscles.

**How:** Sit on edge of chair. Arch low back forward. Place pillow between knees. Lift both heels off the floor. Toes stay on floor without helping heel raise. Instead, use hip muscles to raise heels. Do 3 sets of 15 reps.



***Standing Gluteal Contractions:*** This strengthens glute muscles, turns off compensating hamstring muscles.

**How:** Stand up straight, hands at sides. Squeeze buttocks together; be sure to use buttocks muscles, not thighs or abs. Do one set with feet straight, hip-width apart, and one set with feet duck-toed outward. Both hip-width apart; do 3 sets of 15 reps.

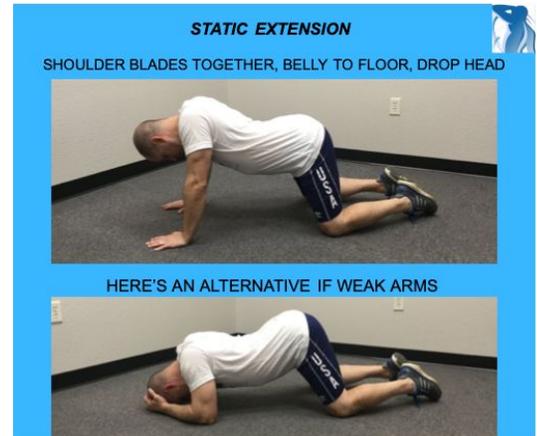


These exercises have been proven in practice at Lovett Chiropractic  
<https://www.LovettChiro.com/tmj>

## TMJ Relief Continued (Page2/3)...

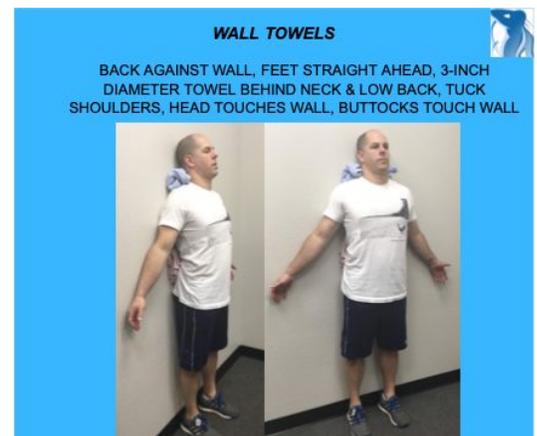
**Static Extension:** Turns off compensating hip muscles, restores the normal low back arch.

**How:** Kneel on all fours with shoulders directly over hands. Let back and head relax toward the floor so the shoulder blades come together. As you relax, let belly button push toward floor so there is a pronounced arch in your back. Keep elbows straight, and shift your hips forward 6-8 inches in front of knees. Hold 1 minute.



**Wall Towels:** The towels give vertical support otherwise lacking because of poor head position.

**How:** Stand with back against wall, feet shoulder-width apart and square. Place one 3-inch diameter towel behind the neck and another in the small of the back. Hold 3 minutes.



**Sitting Knee Pillow Squeezes (2nd Round):** This turns off compensating hip muscles for walking.

**How:** Sit on edge of chair. Arch low back forward. Place pillow between knees. Pull shoulders back. Knees and feet line up with hips. Relax stomach muscles. Place pillow between knees, using inner thighs. Squeeze pillow for 2-second hold then release gently. You may need to fold pillow for thickness. Keep feet parallel to each other and don't let stomach or upper back participate. Do 2 sets of 10 reps.



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## TMJ Relief Continued (Page 3/3)...

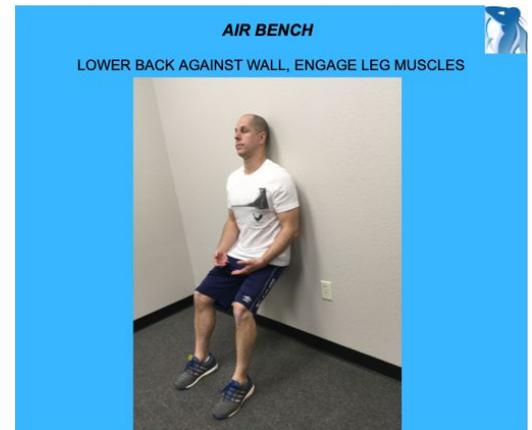
**Sitting Scapular Contractions:** This reawakens shoulder blade muscles.

How: Sit on the edge of your chair with your belly-button pushed forward creating a big arch in your back, and your head and shoulders back. Slowly and evenly squeeze the shoulder blades together, then release. Do 2 sets of 10 repetitions.



**Air Bench:** This relinks the ankles, knees and hips.

How: Lean back against the wall. Press hips and lower back into wall. Walk feet forward while sliding down into a sitting position. Do not sit below 90 degree knee bend. Knees should be over the ankles, not the toes. If pain in kneecaps, raise body up the wall to relieve pressure. Hold up to 2 minutes. If too much of a workout, try only a few seconds at a time and build to 1 minute. Walk around for a minute after this exercise.



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