



# Jaw Relaxation Exercises

## Who should do jaw relaxation exercises?

Some people have tension in their jaw and difficulty with jaw muscle relaxation. This may be associated with a sensation of clenching or feeling as though teeth are continuously in contact. If you have a sensation of jaw tension, feelings of clenching, or feeling as though your teeth are always contacting, breathing exercises can be helpful to promote jaw muscle relaxation and restore natural jaw resting position.

## How do I perform mouth opening exercises?

1. Place your hand on your belly
2. Take a deep, diaphragmatic breath with your shoulders relaxed
3. Slowly breathe out through pursed lips like you are breathing through a straw making a puff sound three times until all of the breath is released

Note: Your teeth should not be in contact following the breathing exercises  
Please contact the Orofacial Pain Clinic at (734)-936-3940 if you have any questions or concerns.

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