



Precautions for Treating Jaw Joints



Jaw Movements

- Avoid opening your mouth too wide.
- Break habits such as **jaw clenching**, **teeth grinding**, and **forceful yawning**.



Eating Habits

- Tough and hard foods put strain on the jaw joint.
- Cut food into **small pieces** and eat mainly **soft foods** to reduce pressure.



Therapy & Treatment

- **Physical stimulation therapy** is most effective when done consistently. Aim for at least **six sessions per week**.
- Depending on your condition, a **jaw joint stabilization device** or **Botox treatment** may also be recommended.



Pain Relief

- If you experience pain or stiffness, apply a **warm compress (hot pack)**.
- If swelling or increased pain occurs after applying heat, **stop immediately**.



Stress Management

- Jaw pain often worsens with **stress and tension**.
- Try to maintain a **relaxed and stable lifestyle** to help reduce symptoms.

