

## Self Care T.M.J. Stretch



Step 1: Place wrist bone on pinky side or pads of fingers in your T.M. Joint

Step 2: Gently compress until you feel a slight discomfort



Step 3: Slowly open mouth as you stretch T.M. Joint downward

Step 4: Repeat 2-3 times until tender points have decreased

**This is essential for anyone who grinds their teeth or has been diagnosed with T.M.D. or T.M.J.D.**