

Home Jaw Stretching Therapy:

After certain surgeries, you may have difficulty opening your mouth. To assist with the mobility of your jaw and your ability to widely open your mouth, home physical therapy early in the recovery process is important for your long-term outcome.

When the doctor assessed your mouth opening in clinic, it was felt that your jaw mobility was restricted. The doctor discussed how to determine the number of tongue blades (medical popsicle sticks) can fit into your mouth.

Daily for 10 minutes each time,

Keep these blades between your teeth, dentures, or gums.

Do this three times a day or more.

Every 1-2 days, add one more tongue blade to the stack used for your exercises. This will increase your mouth opening. It may be somewhat uncomfortable; however, it will significantly improve your ability to open your mouth over time.

This technique works best when done early in the healing process. Your efforts now will determine permanent healing.

Date	Number of Sticks	Stretch 1 Time	Stretch 2 Time	Stretch 3 Time
<i>Jan 1st</i>	<i>5</i>	<i>8am - 8 min</i>	<i>1pm - 11min</i>	<i>9pm - 10min</i>