

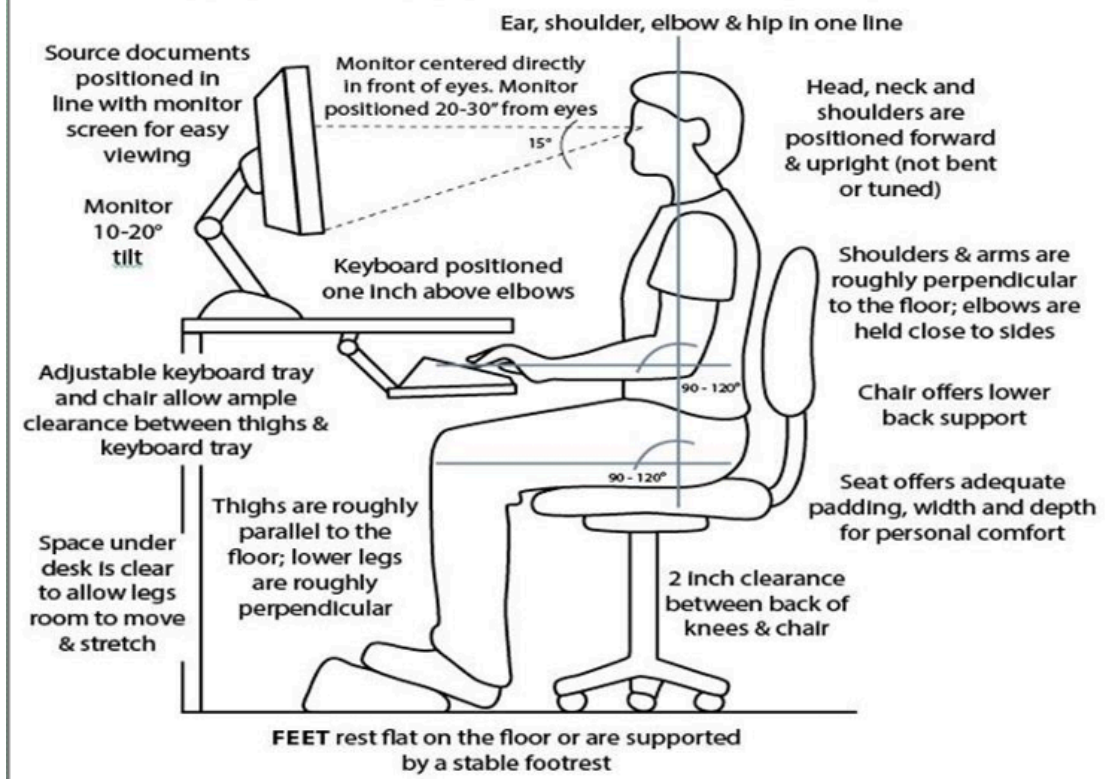


Jaw Pain Self-Management Keys

If you have jaw pain, here are several tips that you can incorporate on a daily basis to help relieve and resolve your pain:

- When not eating, **your teeth should always be apart**, tongue pressed gently to the roof of your mouth
- Eating:
 - **Avoid foods that are uncomfortable to eat** (tough/chewy meat, hard or chewy candy, chewing gum, pizza crust, chewy bagels, etc.)
 - **Cut food into small, bite-size pieces**
 - **Avoid hurried meals**
- Eliminate:
 - **Biting fingernails**
 - **Chewing the tongue and/or cheeks**
- Neck pain is present in 60-70% of people with jaw pain: **frequent gentle movement of your neck can help** (rolling your head, looking over both shoulders, looking up and down)
- **Consider ergonomics at work and home** (see back of sheet)
- Sleeping:
 - **Avoid sleeping on your stomach**
 - **Make sure your pillow contours to your head and neck without gaps** (see back of sheet)
 - Roll a towel and place within your pillowcase to fill any gaps
- Perform regular **stress relief activities** such as deep breathing and meditation (we recommend finding a free to use phone app such as Insight Timer)

THE ERGONOMIC WORKSTATION



RIGHT PILLOW SIZE FOR YOUR SLEEPING HABITS



PILLOW TOO HIGH



PILLOW TOO LOW



PILLOW SIZE JUST RIGHT