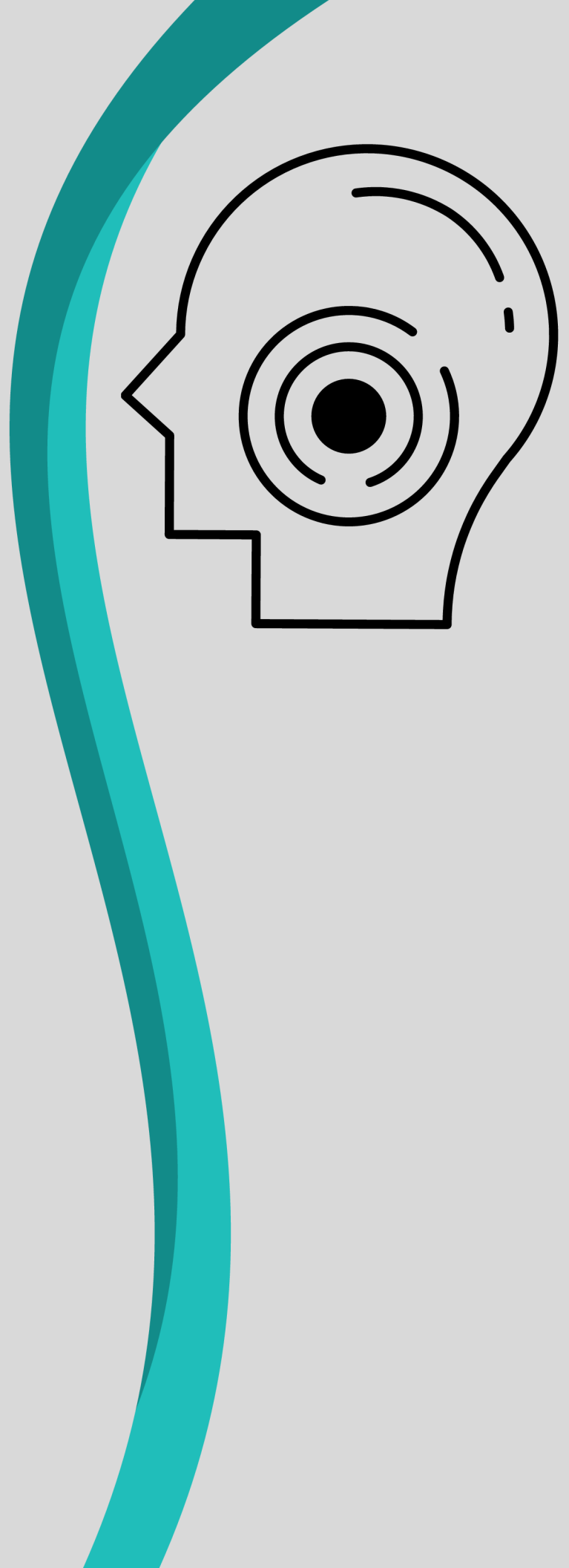


TMJ Relief Cheat Sheet



Dr. Ron Daulton, Jr.

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Hi, I'm Dr. Ron Daulton, Jr.

I've been a chiropractor in Hammond, Indiana for the past 26 years, and I'm also the author of multiple books, including *Get Your Life Back: The Ultimate Guide to Healing a Herniated Disc*.

I created this PDF to help you reduce your TMJ Dysfunction symptoms more quickly.

Whether you're in severe pain right now, or just trying to stay ahead of it, you'll find practical steps you can begin today.

We'll keep it simple and step-by-step so you know exactly what to do and when.

Important: The exercises in this download are designed for mild TMJ discomfort and general muscle tension. Stop any exercise that significantly increases your pain, causes jaw locking, or produces dizziness. If you have severe pain, recent trauma, difficulty opening or closing your mouth, or persistent symptoms, seek an evaluation by a qualified healthcare professional.

Let's get started.

If You Need More Help...

My Clinic:

Hammond Chiropractic Life Center, Inc.
5716 Hohman Avenue
Hammond, IN 46320

(219) 932-8900
DrDaulton.com



Video Courses & Books

GET YOUR LIFE BACK:
THE ULTIMATE GUIDE TO HEALING A HERNIATED DISC
4th Edition
FAST TRACK PAIN RELIEF & LONG-TERM RECOVERY. YOUR STEP-BY-STEP HERNIATED DISC TREATMENT PLAN
DR. RON DAULTON, JR.

THE STEP-BY-STEP HERNIATED DISC RECOVERY ROADMAP
THE PROVEN PROTOCOL TO GET ACTIVE AGAIN, WITHOUT WASTING MONEY ON TREATMENTS THAT DON'T WORK

BALANCE EXERCISES FOR SENIORS MADE SIMPLE
EASY 10-MINUTE FALL PREVENTION EXERCISE ROUTINES TO HELP YOU MAINTAIN YOUR INDEPENDENCE AND REDUCE YOUR FEAR OF FALLING.
DR. RON DAULTON, JR.

dsbooks.us

Did You Know?

If you've been dealing with:

- Jaw pain
- Clicking or popping
- Pain while chewing
- Headaches around the temples
- Ear pain or pressure
- Difficulty opening your mouth fully

you've probably been told the problem is your TMJ.

But here's what many people never hear.

Your jaw doesn't work alone.

The muscles that move your jaw also connect into your skull, neck, and upper shoulders. If your neck isn't moving well, or those muscles stay tight all day, they can place extra stress on your jaw every time you talk, chew, yawn, or swallow.

That's why treating only the jaw doesn't always provide lasting relief.



Tip #1. Avoid Overworking Your Jaw

When your TMJ is irritated, give it a chance to calm down. For a few days, try to limit:

- Gum chewing
- Ice
- Tough meats
- Bagels
- Hard candy
- Opening very wide for large sandwiches

You don't have to avoid these forever—but reducing irritation can help during a flare-up.

Tip #2. Check Your Tongue Position

One of the easiest ways to relax your jaw is remembering this phrase:

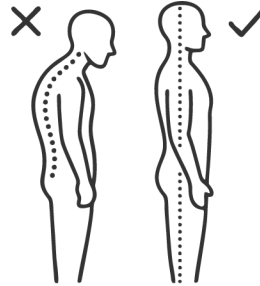
"Lips together. Teeth apart. Tongue on the roof of the mouth."

Your teeth should only touch while chewing or swallowing.

If your teeth stay clenched during the day, your jaw muscles never get a chance to rest.

Tip #3. Watch Your Posture

Forward head posture places extra tension on the muscles that attach to your jaw.



Several times each day:

- ✓ Pull your shoulders back.
- ✓ Gently tuck your chin.
- ✓ Imagine the top of your head being pulled toward the ceiling.

Better posture often means less stress on both the neck and jaw.

Tip #4. Relax the Jaw Muscles

Apply a warm moist towel for 10–15 minutes.

Then gently massage:

- Cheeks
- Temples
- Jaw muscles
- Sides of the neck

The goal is relaxation—not deep pressure.

Tip #5. Stretch Your Neck

Your upper neck and jaw work together.

Stretching your neck on a daily basis can make a big difference in your TMJ symptoms.

If you would like to see the neck stretches I recommend to my patients, you can find them at :

<https://www.drdaulton.com/back-stretches-and-exercises.html>

Tip #6. Stop Clenching

Many people clench their teeth without realizing it.

Try setting reminders on your phone that simply ask:

“Are my teeth touching?”

If they are...

- Relax your jaw.
- Take a slow breath.
- Let your shoulders drop.

Small changes repeated throughout the day can make a big difference.

Tip #7. Know When to Get Evaluated

Home care can reduce irritation, but persistent TMJ symptoms deserve a thorough evaluation.

Especially if you have:

- Jaw locking
- Frequent headaches
- Pain that won't improve
- Neck stiffness
- Pain while chewing
- Symptoms that keep returning

A complete evaluation should include both the jaw and the neck since they function together.

Tip #8. Diaphragmatic Breathing

Stress often causes jaw clenching. This breathing exercise will help calm the stress reaction within your body.

1. One hand on your chest.
2. One hand on your stomach.
3. Inhale through your nose for 4 seconds.
4. Let your stomach rise.
5. Exhale slowly for 6 seconds.

Repeat for 2–3 minutes.

TMJ Stretching Routine

1. Resting Jaw Position (Most Important)

1. Close your lips gently.
2. Keep your teeth slightly apart.
3. Rest the tip of your tongue just behind your upper front teeth on the roof of your mouth.
4. Breathe slowly through your nose.

Hold for 30–60 seconds and repeat several times throughout the day.

Tip: Your teeth should only touch when chewing or swallowing.

2. Controlled Jaw Opening

1. Place your tongue on the roof of your mouth and keep it there.
2. Slowly open your mouth only as far as comfortable.
3. Close slowly.
4. Keep the movement smooth and centered.

Repeat 10 times.

Stop if pain significantly increases.

3. Controlled Yawning

- Place your tongue on the roof of your mouth.
- Support your chin lightly with your hand.
- Yawn only as far as comfortable.

This can reduce irritation during flare-ups.

4. Gentle Jaw Isometrics

Opening

Place two fingers under your chin.

Attempt to open your mouth while your fingers provide gentle resistance.

Hold 5 seconds. Repeat 5 times.

Closing

Place your fingers on the front of your chin.

Gently resist while closing your mouth lightly.

Hold 5 seconds. Repeat 5 times.

Side-to-Side

Place your hand against the side of your jaw.

Attempt to move your jaw sideways while gently resisting with your hand.

Hold 5 seconds. Repeat 5 times each direction.

Bonus Tip #1: Use Creaky Bone Balm for Natural Pain Relief

Time Frame

If you're using ice or heat, apply Creaky Bone Balm to the same area immediately after.



Why This Helps

Ice calms inflammation and heat can relax muscles, but pain can return once you stop the treatment. Applying Creaky Bone Balm afterward extends relief. It contains a high dose of CBD, which interacts with your body's own pain-calming chemicals to reduce discomfort and support recovery.

How to Use It

- Choose a high enough strength. 1000mg or 2500mg is what I use with patients (stronger is better for severe pain).
- After each ice or heat session, rub a thin layer on the area you just treated (in this case, the jaw and the neck).
- Wait 10 minutes; if you don't feel a change, add another thin layer. Most people need 2–3 light layers.
- Wash your hands well after applying

Where to Apply

Apply it directly to the jaw and neck.

Where to Get It

I recommend the original Creaky Bone Balm because of how consistently it helps my patients. You can get a coupon code through my Linktree at <https://linktr.ee/drrondaultonjr> or just scan this QR code:



I've arranged a **20% discount** for my readers there. (If the code ever changes, I'll keep the current one updated at my Linktree.)

Bonus Tip #2: Ice isn't always the answer.

I almost always recommend that my patients use ice to reduce painful symptoms. It can reduce inflammation and numb the nerves, calming the symptoms more quickly.

However, If your jaw muscles are extremely tight, gentle stretching, massage, heat, and improving posture may provide more relief than repeatedly icing the jaw.

I recommend that you try both ice and heat, and then stick with the one that provides the most relief for you.