

Rocabado's 6x6 exercises for TMJD

1



Place your tongue on the roof of your mouth, just behind your front teeth. There should also be a slight gap between your top and bottom teeth. This is your neutral jaw position. Take slow deep breathes in and out through your nose. Repeat 6x.

2



Starting in your neutral jaw position, slowly open and close your mouth, keeping your tongue on the roof of your mouth. Repeat 6x.

3



Coming back to your neutral jaw position, rest your fist under your chin. Gently open your mouth into your fist and hold for a few seconds. Repeat 6x.

4



Place your hands behind your head with interlocked fingers. Gently tuck your chin and feel a nice stretch. Repeat 6x.

5



Sit or stand nice and tall. Bring your chin back as you try to make a double chin. Repeat 6x.

6



Sit or stand nice and tall. Squeeze your shoulder blades back and together. Repeat 6x.

*Please consult your doctor if you have any spine/disc issues before trying these

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