

# Center for Sleep and TMJ

## Tongue Blade Exercises

The intent of these exercises is to help increase your maximum, pain free opening, over a period of time.

1. Stack a number of tongue blades on top of each other to create a stack. Place the stack of tongue blades between your upper and lower front teeth. Begin with a comfortable number of tongue blades to create a slight stretch.
2. Bite on the stack of tongue blades and hold the contraction of your muscles for 5 seconds.
3. Follow this by resting the muscles for 5 seconds (without letting the tongue blades fall out of your mouth).
4. Repeat steps 2 and 3, 3-5 times.
5. While relaxing the muscles, slide another tongue blade into the middle of the stack—increasing the amount of opening slightly (one tongue blade at a time).
6. Repeat steps 2 through 5 until you've stretched as much as you can, without pain.
7. Make a goal of increasing maximum opening by 1 or 2 tongue blades per week.

**These stretching exercises should not result in pain. Perform the exercises once a day, unless otherwise directed. If the stretching results in any increased discomfort, stop the exercises and contact our office.**