**PHYSICAL THERAPY TECHNIQUES**

**UTILIZINGTHE LEAF GAUGE PRINCIPLE**

**These are home care instructions to treat painful muscle spasms**

**and manage your clicking and popping joints. This is part of your**

**responsibility in eliminating your TMJ problem. The therapy is to**

**be done twice each day. In the morning before breakfast and in**

**the evening before retiring.**

**This is the same procedure you performed at our office when it**

**took you only minutes to cycle the painful spasms. Each time you**

**treat yourself it will take less time to eliminate the pain.**

1. **Place the rubberized deprogrammer between your front teeth,**

**slide your jaw forward, then all the way back.**

1. **Immediately apply the hot wet, compresses or the towel over**

**both your joints. The compresses must be kept hot throughout**

**your treatment.**

1. **Start biting on the deprogrammer for 6 seconds, then relax your**

**biting for 5-6 seconds. Bite again for 6 seconds, etc. until the**

**pain is eliminated.**

1. **After the pain is eliminated you should hold the deprogrammer**

**between your teeth with only light pressure, continue to apply**

**the hot compresses for another 5 minutes.**

1. **Upon removal of the deprogrammer do not alarmed that your**

**teeth do not fit together correctly. This is to be expected. Do**

**not be alarmed if it hurts to open wide immediately after your**

**treatment.**

**Do not be alarmed if the character of timing of your click or pop**

**is different for it usually will be.**