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**Physical Therapy Techniques Utilizing the Leaf Gauge Principal**

*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 problems. 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 that you performed at our office when it took only \_\_ minutes to cycle the painful spasm. Each time you perform the treatment it will take less time to eliminate the pain.*

- 1. Place the rubberized deprogrammer between your front teeth and slide your lower jaw forward, then all the way back.*
- 2. Immediately apply hot, wet compresses or towels over each of your jaw joints. The compresses must be kept hot throughout your treatment.*
- 3. Start biting on the deprogrammer for 6 seconds then relax your biting for 5-6 seconds then repeat until pain is eliminated.*
- 4. After the pain is eliminated you should hold the deprogrammer between your teeth with only light pressure. Continue to apply the hot, wet compresses for another 5 minutes.*
- 5. Upon removal of the deprogrammer do not be 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 treatment.*
- 6. Do not be alarmed if the character or timing of your click or pop is different for it usually will be.*
- 7. Remember to practice your home disciplines outlined on page 1.*
- 8. You are to call our office after you have practiced these home disciplines for two weeks. It will be decided at that time if occlusal treatment is necessary. Occlusal treatment can be time consuming and expensive. These home treatments you are performing for your comfort are free.*