



Oral & Facial Surgery for Adults & Children

614-457-9337

Post Arthrocentesis Exercises

5 times each day:

- Open jaw and hold for five seconds
 - Chin out to the front and hold for five seconds
 - Chin out to the right and hold for five seconds
 - Chin out to the left and hold for five seconds
- *these can be done in ANY order*

A good stretch is sufficient, do not stretch to the point of pain.



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