



Carolina Aesthetic Dentistry

Physical Therapy Using a Leaf Gauge Principle

These home care instructions are used to treat painful muscle spasms and manage your clicking and popping joints. This is part of your responsibility in treating your TMJ problem. The therapy is done twice each day; in this morning before breakfast and in the evening before retiring.

The same procedure may be performed at your place of business. You should expect it to take ____ minutes to "cycle" past the painful muscle spasms. Each time you treat yourself with the leaf gauge it will take less time to eliminate the pain.

- Place the rubberized "leaf gauge" between your front teeth. Next, slide your lower jaw forward, and then all the way back.
- Immediately apply hot, wet compresses or towel over both of your joints. The compresses must be kept hot throughout your treatment.
- Start biting on the leaf gauge for 6 seconds, then relax your biting for 6 seconds. Bite again for 6 seconds and relax for 6 seconds. Continue this cycle until the pain is eliminated.
- After pain is eliminated, hold the leaf gauge between your front teeth with only light biting pressure and continue to apply the hot, wet compressed for an additional 5 minutes.
- Upon removal of the leaf gauge, do not be alarmed if your teeth do not fit together correctly with your close. This is expected. Also, do not be alarmed if it hurts to open your mouth wide immediately after this treatment. Do not be alarmed if the character of timing of your TMJ click or pop is different following this treatment. This is also expected.
- REMEMBER to continue the home care therapy outlined in the "TMJ Home Care Instructions"
- Call our office after you have practiced this leaf gauge treatment for two weeks. We will then decide if occlusal treatment is necessary. Occlusal treatment is time consuming and expensive.

**Remember, the home therapy described here is
designed for YOUR comfort and is FREE!**