Trismus

Trismus is a condition when your jaw muscles get tight and it is hard to open your mouth. This can happen as a result of head and neck cancer and its treatment. Trismus can make it hard to chew, swallow and talk. It can also make it hard to clean your teeth, gums and mouth or have dental work done. Jaw exercises can help your jaw to move and keep your muscles strong. Your speech therapist will put a check (√) in the box by the exercises you need to do.

Do your exercises ______ times each day.

- **Open Mouth**
  1. Lower your jaw as far as possible while trying to keep your upper lip still.
  2. Hold for _____ seconds.
  3. Repeat _____ times.

- **Open Mouth Two Movements**
  1. Lower your mouth slightly.
  2. Push your jaw forward as much as possible.
  3. Open your mouth more and keep your jaw forward while you lower your jaw.
  4. Repeat _____ times.
- **Side To Side**
  1. Lower your jaw as far as possible.
  2. Pull your jaw to the right and then pull your jaw to the left.
  3. Repeat _____ times.

- **Circle**
  1. Keep your upper lip still and pull your jaw to the right.
  2. Slowly lower your jaw back to the center position with your mouth open.
  3. Next pull your jaw back up and to the left.
  4. Then move your jaw back to the center to complete one cycle.
  5. Repeat this circular motion _____ times.
  6. Next, do this circular motion _____ times going in the opposite direction.

- **Yawn**
  1. Yawn and hold your mouth open as wide as you can for 5 seconds.
  2. Repeat _____ times.

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