

It was a privilege to work with you today. I am excited to be your guide as we *Get You Back To What You Love!* YES without *Surgery!*

As I stated you are the perfect candidate for craniofacial specialty physical therapy!

Based on my findings I expect you will need 10-16 sessions over an 8-12 week period. It will be worth it and you will be back to feeling great!

Here are some of the steps we discussed to get get started on:

### **Step 1:**

- **Posture**-Sitting- Tongue in the NO position teeth separated lips together. Use a lumbar roll to support the low back, sit evenly on sit bones, feet flat on the floor (prolonged sitting is your worst enemy).
- **Movement**- Move frequently to tolerance, motion is lotion to your joints. The best posture is the next posture!
- **Continue with Soft food diet:** next 2 weeks, do not chew on side that creates pain.
- **Stretch**-"Brush your Muscles" just like you brush your teeth, 2x's a day or more. See Home Exercises sent to your via e-mail

### **Step 2-Avoid:**

- Sitting (unsupported) 30min>
- Sleeping neck in end range position (stomach, too large of pillow)
- Biting nails or cheek
- Clenching
- Gum chewing
- Resting Chin on hand (The Thinker Position)

- Eating hard foods: Apples, steak, carrots, hard candy, hard breads, large bites

**Step 3: Control and Reduce Pain and inflammation:**

- Take NSAIDS Advil/Ibuprofen 600mg 2x's a day for 10days
- Popsicle for inside your mouth 3-5min
- Ice pack for outside your jaw 10-15min
- Biofreeze

This is a journey, the expectation is Small Wins, steady improvement.

It is similar to implementing what you learn in your sessions with us. It will be hard and seem like progress is slow, however over time consistency works every time, like diet, finances, relationships!!!

Be sure to read "[STOP HEAD, NECK AND JAW PAIN.](#)" Refer your home exercises (videos) and post treatment instructions sent to you via e-mail.

Feel free to e-mail me with any questions.

*Jaw, Head and Neck Specialty Team:*

Dr. Matthew Harkness & Dr Calvin Smith