



## MAHATMA GANDHI MISSION'S DENTAL COLLEGE & HOSPITAL

Accredited by NAAC with "A++" Grade  
Plot No. 1 & 2 Sector-01 (Old 18 & 19),  
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### **IMPORTANCE OF JAW EXERCISES FOR ORAL HEALTH AT UPHC 9 - PALEKHURD**

**Date:** 23<sup>rd</sup> September, 2025

**Venue:** UPHC 9 – PALEKHURD

**Faculty:** Dr. Vaibhav Thakkar

**Organizing Agency:** Department of Public Health Dentistry, MGMDCH; NSS unit of MGMDCH, Panvel Municipal Co-operation

**Number of Students attended:** 03

Jaw exercises are an essential yet often overlooked component of oral health maintenance. Proper functioning of the temporomandibular joint (TMJ), along with strong and flexible jaw muscles, plays a significant role in chewing efficiency, speech clarity, and overall facial function. Modern lifestyle factors such as stress, irregular sleep patterns, long screen time, and parafunctional habits like clenching and grinding frequently contribute to TMJ discomfort, restricted mouth opening, and muscular strain.

Recognizing the growing need for awareness on this topic, an oral health camp focusing on the Importance of Jaw Exercises was conducted. The initiative aimed to educate individuals about jaw mobility, prevention of TMJ disorders, muscle relaxation techniques, and the role of exercise in relieving oral and facial discomfort. The program also included dental screening to identify TMJ-related issues, malocclusion, bruxism, and associated symptoms.

**Aim and Objectives:**

- To create awareness about the role of jaw exercises in maintaining TMJ health.
- To educate participants on simple, daily jaw exercises for improved mobility and reduced discomfort.
- To screen individuals for TMJ-related symptoms such as clicking, pain, restricted opening, and muscle tenderness.
- To motivate patients to adopt preventive practices to reduce TMJ strain caused by stress and habits.

**Method:**

The camp was conducted at [venue] under the supervision of the faculty incharge and interns from the Public Health Dentistry department. Participants were screened using TMJ assessment techniques, including palpation, mouth opening measurement, evaluation of deviation, checking joint sounds, and examination of masticatory muscles. Educational demonstrations were conducted using charts and jaw models to explain:

- Basic TMJ anatomy
- Common causes of TMJ disorders
- Step-by-step jaw mobility and relaxation exercises
- Postural correction and stress-relief techniques
- Avoidance of harmful habits like nail-biting, gum chewing, clenching, and bruxism.
- Participants were encouraged to perform guided exercises during the session to ensure correct technique.

**Observations:**

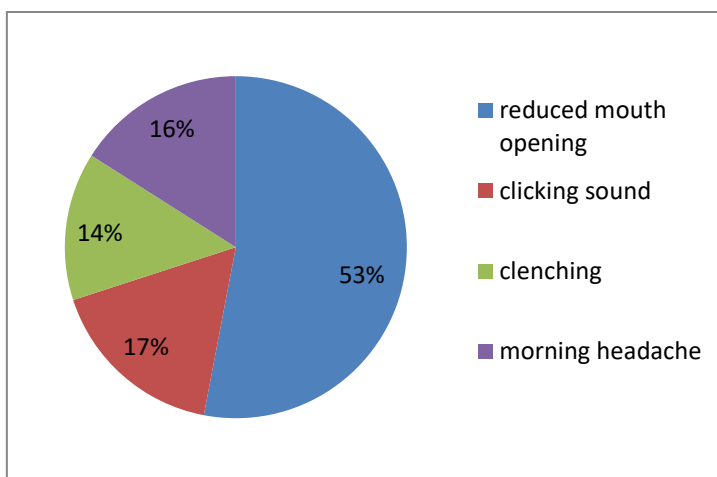
A total of 13 individuals were examined using Type IV examination method for various dental problems. Those requiring extensive treatment were referred to MGM Dental College and Hospital, Kamothe.

The screening revealed that many participants experienced mild to moderate TMJ discomfort, muscle tightness, and signs of stress-induced clenching. Some individuals reported difficulty chewing, morning headaches, and clicking sounds during mouth opening. Many participants were unaware that targeted jaw exercises could significantly reduce their symptoms.

Those with severe pain, limited opening, or habitual bruxism were counseled individually and referred to MGM Dental College and Hospital for further diagnosis and management.

**Oral health status:**

	<b>No. of individuals</b>	<b>Percentage %</b>
Reduced mouth opening	<b>7</b>	<b>53%</b>
Clicking sound	<b>3</b>	<b>17%</b>
Clenching	<b>2</b>	<b>14%</b>
Morning headache	<b>1</b>	<b>16%</b>



**Interpretation and conclusion:**

The camp successfully emphasized that jaw exercises are an important preventive measure for maintaining oral and TMJ health. Exercises targeting the jaw muscles help improve mobility, reduce pain, prevent locking episodes, and support better oral function. Increased awareness encourages individuals to incorporate simple daily routines that promote long-term oral and facial well-being.

Regular practice of jaw exercises, combined with stress control, correct posture, and elimination of harmful habits, can greatly reduce the incidence of TMJ disorders. Continued public awareness programs are recommended to ensure early recognition and prevention of jaw-related problems in the community.



INVESTIGATION BEING DONE BY THE TEAM MEMBER

### List of Attendees

Sr. No	List of Participants
<b>Name of faculty</b>	
1	Dr. Vaibhav Thakkar
<b>Name of Interns&amp; students</b>	
2.	Srushti Bothara
3.	Muskaan Sayeed
4.	Kinjal Jain

