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## **Physical Therapy Techniques Utilizing the Cotton Roll Method**

This therapy is to be done at least twice each day- once in the morning before breakfast and again in the evening before bed. Before beginning therapy, make sure you have the cotton rolls provided to you and several hot, wet compresses or towels.

- Place the cotton roll between your side teeth. Slide your lower jaw forward, and then slide it all the way back.
- Immediately apply hot, wet compresses over both of your jaw joints. The compresses must be kept hot throughout your treatment.
- Start biting on the cotton roll for 6 seconds, and then relax your bite for 5-6 seconds. Repeat for 6 seconds; relax for 5-6 seconds, etc. until the pain is eliminated. Tapping your teeth together on the cotton rolls occasionally is helpful.
- After the pain is eliminated, you should hold the cotton roll between your teeth with only light pressure while continuing to apply the hot, wet compresses for another 5 minutes.
- Upon removal of the cotton roll, do not be alarmed if your teeth do not fit together correctly; this is to be expected. Keep in mind it may also hurt to open wide immediately after your treatment.
- Do not be alarmed if the character or timing of your click or pop is different, as this is a common occurrence.
- Avoid sleeping on your jaw. Back sleeping is the best sleeping position to enable your jaw to relax. A small pillow or rolled towel to support your neck curvature is optional.
- Stay away from chewy foods and gum, as well as biting anything with your front teeth. Limit the intake of sugar and caffeine as both are stimulant to the nervous system. Avoid clenching your teeth as much as possible.
- Please call our office after you have practiced the home disciplines listed above for two weeks. At that time we will evaluate whether occlusal treatment is necessary.

**Superior care, one patient at a time.**

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