

■ 1-Minute Jaw Self-Check Guide

By OxyHeal | BioFunctional Dentistry

■ Self-Check 1: Jaw Opening Test

Try This: Slowly open your mouth in front of a mirror.

■ Normal: Jaw opens in a straight line without deviation.

■ Concern: If it shifts to one side, clicks, or locks — it may indicate TMJ imbalance.

■ Self-Check 2: Clench & Feel

Try This: Gently clench your teeth and feel in front of your ears.

■ Normal: Even muscle engagement on both sides.

■ Concern: One side feels tighter, pops, or is tender.

■ Self-Check 3: Morning Tension?

Ask Yourself: Do you wake up with a sore jaw, stiff neck, or headaches?

■ Could be due to night grinding or a misaligned bite.

■ Self-Check 4: Breathe & Posture Awareness

Try This: Deep breath with mouth closed and tongue on the roof.

■ Normal: Nasal breathing, upright head.

■ Concern: Mouth breathing or neck strain = bite imbalance.

■ What Next?

If you noticed 2 or more concerns, your jaw may be affecting more than just your smile.

■ DM “TMJ ALIGNERS” to get your Functional Smile Evaluation