

Sample Trismus Home Treatment Program

Type of Patient: XRT

Active Jaw Stretching Exercise: Chewy Tube

Day	# of Sets (2–3 times daily)	# of Repetitions	Hold Time	Break Time
Monday	5	N/A	1:30 minute	30
Tuesday	5	N/A	1:00 minute	30
Wednesday	6	N/A	45 seconds	15
Thursday	5	N/A	1:30 minute	30
Friday	5	N/A	1:00 minute	30
Saturday	6	N/A	1:00 minute	30
Sunday	2	N/A	1:00 minute	30

Passive Jaw Stretching Exercise: Wooden Gator

Day	# of Sets (2–3 times daily)	# of Repetitions	Hold Time	Break Time
Monday	3	10	1:30 minute	30
Tuesday	3	10	1:00 minute	30
Wednesday	3	10	1:30 minute	15
Thursday	3	10	1:30 minute	15
Friday	3	10	1:00 minute	30
Saturday	3	10	1:00 minute	30
Sunday	2	10	1:00 minute	30