



CHARLES A. SMITH, DDS & ASSOCIATES

Specialists for Aesthetic Dentistry

Instructions for patients with CMD/Cervical Dystonia

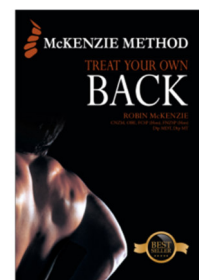
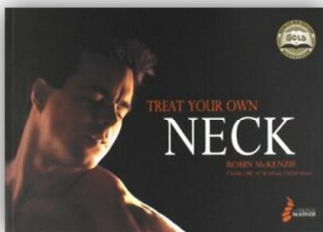
Successfully improving your symptoms and restoring your healthy posture depends on 3 equally important factors. Wearing the appliance as prescribed, seek treatment from a physiotherapist, osteopath or chiropractor and finally follow the list below. Allow sufficient time (20 minutes to 2 hours) for neck and back stretching exercises in your daily routine. The longer or more severe your symptoms, the more time you should spend each day.

Consult your doctor about the recommended supplements and exercises.

- Glucosamine 1500mg
- UC II 40mg
- Magnesium (at night) 350mg
- Omega3 250-500mg
- Arnica gel
- Heating pad for painful areas

Neck exercises

Buy, read, implement the exercises in the book "Treat your neck yourself " Robin McKenzie



Back exercises

Buy, read, implement the exercises in the book "Treat your back yourself" Robin McKenzie



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Lower Jaw exercises

Stretch your lower jaw forward and hold it for 10 to 30 seconds. Then relax your jaw and repeat this exercise 10 times. Repeat this exercise 5 times throughout the day.

- Neck ``Posture Pump`` oder ``Neck stretcher TM``



- Backstretcher

