



MAHATMA GANDHI MISSION'S DENTAL COLLEGE & HOSPITAL

Accredited by NAAC with "A++" Grade
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IMPORTANCE OF JAW EXERCISES FOR ORAL HEALTH AT PALE AND KHURD

Date: 2ND July 2025

Venue: Pale and Khurd

Faculty: Dr. Sujata Hirave, Dr. Pankaj Londhe

Organizing Agency: Department of public health dentistry MGMDCH, NSS unit of MGMDCH; The Breakfast Revolution

Number of Students attended: 4

Jaw exercises are a crucial component of maintaining oral health, particularly in preventing and managing issues related to the temporomandibular joint (TMJ) and surrounding muscles. Interns from MGM Dental College at Pale, Khurd, have conducted valuable research to underscore the benefits of incorporating jaw exercises into daily routines. These exercises help alleviate tension in the jaw muscles, improve joint mobility, and prevent disorders like bruxism (teeth grinding) and jaw misalignment. The study highlights how simple, targeted exercises can aid in reducing pain, enhancing muscle strength, and promoting better overall oral function. By raising awareness and providing evidence-based recommendations, the interns at MGM Dental College are contributing to a holistic approach to oral care, emphasizing that the health of the jaw is integral to overall dental well-being.

Aim and Objective:

1. To evaluate the effectiveness of jaw exercises in improving the overall oral health of individuals.
2. To investigate the role of jaw exercises in alleviating symptoms related to temporomandibular joint (TMJ) disorders and muscle tension.
3. To assess the impact of jaw exercises on preventing common dental issues such as bruxism, jaw misalignment, and headaches.
4. To promote awareness among the general public regarding the importance of maintaining jaw health through simple exercises.

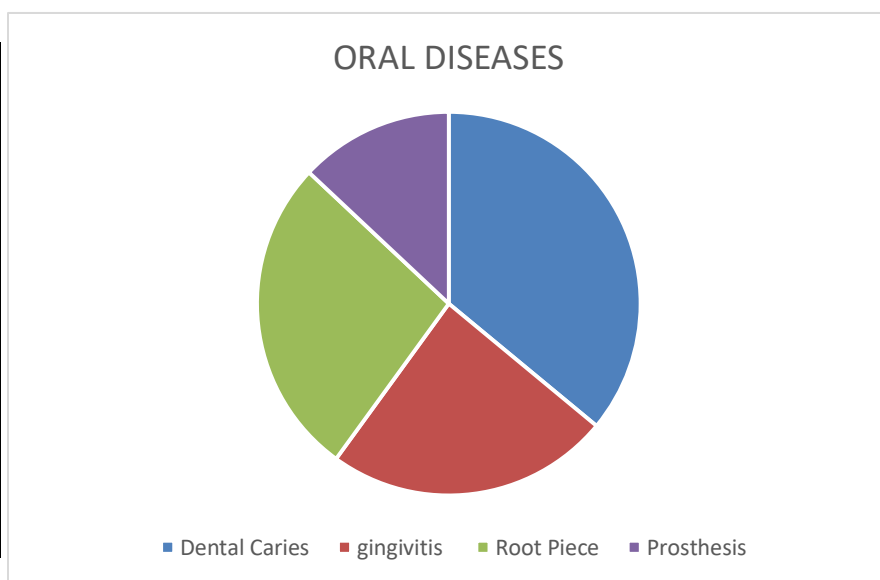
Method:

Oral screening conducted at Pale, Khurd was done using type IV examination was conducted with use of mouth mirror, probe and adequate light. Problems associated with temporomandibular joint were assessed and simple jaw exercises like opening and closing exercises, jaw stretches and relaxation techniques were demonstrated and participants were encouraged to follow along and practice each exercise under the guidance of the instructor. The dental professionals provided practical tips on how to incorporate jaw exercises into daily routines and how to prevent habits that could negatively impact jaw health (e.g., teeth grinding, poor posture). The dental team provided contact information for follow-up queries or concerns. To enhance their understanding about regular visit to a dentist for check-up, engaging videos were shown that illustrated the progression of oral lesions and highlighted preventive measures. Additionally, a demonstration of proper brushing techniques was conducted using a model. The initiative also included discussions about the importance of regular dental check-ups, further reinforcing the message of comprehensive oral health care.

Observations: A total of 98 patients were examined for various dental problems. Those requiring extensive treatment were referred to MGM Dental College and Hospital, Kamothe

ORAL HEALTH STATUS:

Sr. no.	Oral diseases	No. Of patients	Percentage %
1.	Dental Caries	35	36
2.	Gingivitis	24	24
3	Root piece	26	27
4.	Prosthesis	13	13



Interpretation and Conclusion:

- The patients visiting the camp had Dental caries and gingivitis. Dental caries (37%) and gingivitis (44%) followed by root piece which needed extraction.
- The patient also required prosthesis, who were referred to dental college for immediate treatment and replacement of tooth.
- Oral health education regarding maintaining the proper oral hygiene were demonstrated to them. Modified bass technique was demonstrated used brushing model. Use of interdental aids like flossing were also demonstrated and advised to them.



Oral screening done at the camp site

LIST OF ATTENDEES

Sr.no.	Attendees
Name of staff	
1.	Dr. Sujata Hirave
2.	Dr. Pankaj Londhe
Name of Interns & Students	
3.	Krushinandan Ubale
4.	Rahul Tarange
5.	Karishma Bhanushali
6.	Jupneet Kaur