

Why your jaw may hurt during a workout

There's actually a connection between exercise and your oral health. If you have long-lasting pain after prolonged activity, it could be caused by one of these issues.

Tooth infections

Exercise increases blood flow, which can worsen swelling from infections or cavities, making tender nerves feel even worse. Untreated tooth damage, like a cracked molar, can also lead to pain.



Teeth clenching

You may be clenching subconsciously, which can cause your jaw, teeth or gums to feel sore. You may need to consciously loosen your jaw every so often to break the habit.

Temporomandibular Joint Disorder (TMD)

If you have TMD, your jaw pain might act up when you swim. Getting water in your ears and the type of breathing you do might irritate already inflamed jaw muscles.

Dehydration

Dehydration can cause a flare-up of TMD because your joints aren't lubricated as well. So, make sure to drink plenty of water when you work out.

Weak core muscles

It's easy to rely on your neck muscles during ab workouts, leading to neck pain and jaw pain if you're clenching your teeth, too. Keep your hands behind your ears and look at a spot on the ceiling as you crunch.

What to do for the pain

Visit a dentist to rule out dental issues. You should also consider seeing a doctor. In rare cases, heart problems can cause jaw discomfort. If your dentist and doctor can't find a cause for your pain, pay attention to how you're holding your teeth while you're working out. In most cases, solutions to alleviate the pain are simple.