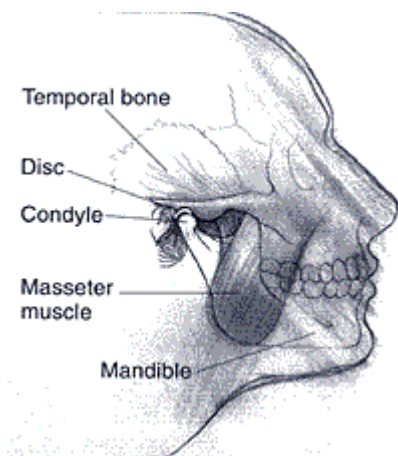


TMJ and jaw pain



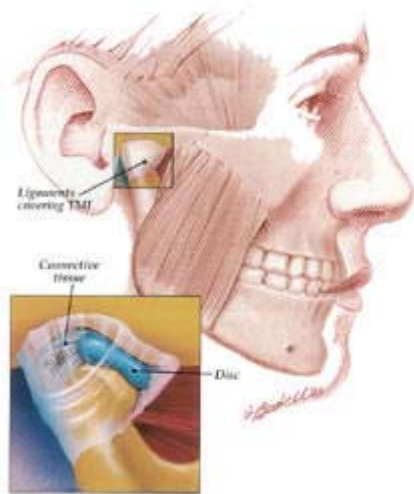
We care about your Temporo-Mandibular Joint (TMJ) problem and can help you!

Many people suffer from dizziness, earaches, face, head and neck, shoulder, and back pain. They may also suffer chronic fatigue, irritability, blocked or ringing ears, difficulty swallowing, temporary loss of memory, and arthritis like joint pain, or numbness in parts of the body that seem to have no relation to the teeth and the jaws. These cases are frequently unrecognized by the physicians who's standard training has not equipped them to understand the relationship between teeth, the jaw bones and the subsequent alignment of the jaws and the rest of the body. Some good dentists are exceptions to this! However, trying to grind down and adjust the bite, is often caring for the symptom of a broader

malalignment of the whole system akin to putting a band aid over a gaping wound. In some cases, good dental work and orthodontics can aid the recovery process, in other cases it can hinder. Scott will work closely with your dentist if necessary with aspects of care such as adjusting bite plates, as the jaw changes. Night guards are often helpful though.

Consequently, thousands of chronic sufferers go from one medical specialty to another taking potent drugs, which fail to bring relief and even having needless surgery when the pain becomes unbearable or being referred to psychiatrists who cannot help them because these experts are concentrating on the symptoms without recognizing the cause.

Myofascial Restrictions create malalignments in the body due to imbalanced pulling on the bones. These restrictions reach up the neck and into the head and temperomandibular mechanism, off-setting the TMJ, the "balance point of the body". When the skilled myofascial release therapist takes a whole body view of an individual, we may find imbalances in the pelvis for example that create a scoliosis of the spine, tilting the head and creating a symptom of a clicking and painful jaw. Hence a WHOLE SYSTEM view is vital.



Temporo-Mandibular Joint disorders cause strained facial muscles and leads to tension discomfort and pain. Almost 92 percent of all recurring headaches come from a TMJ problem according to recent research. Also, according to this recent research, almost one quarter of the population suffers some form of craniomandibular (TMJ) disorder. If you have recurring headaches or jaw pain, the chances are better that you would get relief from a Physical Therapist rather than a neurologist, surgeon, or a psychiatrist. If you suffer from frequent headaches, please tell us. We can perform a thorough examination to see if this head pain is related to your jaw.

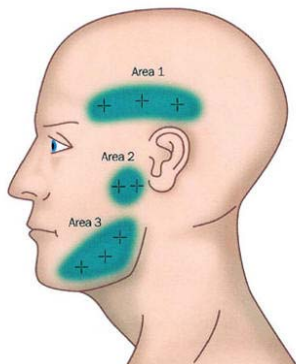
If you are one of the millions of people who suffer from headaches, dizziness, popping or clicking of the jaw joint, facial tension, neck or back problems or other symptoms caused by TMD syndrome, we can usually help.

The Temporo-Mandibular Joints are joints located on either side of the face that connect the lower jaw to the skull. The joints work in synergy with the facial bones and multiple pairs of muscles to allow opening and closing of the mouth and the forward, backward, rotational, and side-to-side movements of the lower jaw. Any disturbance of the perfect facial balance can trigger the cycle characteristic of TMJ disorders, which affect muscles and joints on all areas of the Face, neck, and back. When muscles and joints are not working together correctly, muscle spasm can result which produces pain and dysfunction.

The TMJ is called the "impostor" since it can mimic other diseases. Because TMJ disorders can mimic so many other conditions diagnosis can be complicated. Many people spend a great deal of time and money searching for the source of their symptoms. If your physician cannot find any underlying conditions, you should consider the possibility of TMJ and recommend that you consult with the Therapist regarding your pain. We will examine the TMJ, neck and upper back to determine the cause of your problem, so that treatment can be started right away to speed your recovery.



Recurrent chronic headaches, as well as facial and neck pain, are common occurrences in millions of Americans. In addition, people frequently suffer from ear symptoms, including pain, ringing, buzzing, loss of hearing, clicking and popping of the jaw joint noises, pain upon chewing, speaking and sneezing. These symptoms, appearing unrelated, were previously,



frequently undiagnosed or misdiagnosed as migraine headache, pain due to tension, neuritis, neuralgia, or stress headaches. When standard treatments for these types of disorders proved unsuccessful, patients were frequently labeled as hypochondriacs, or it's all in your head. It is well recognized by practitioners in the health care community and those practicing in the area of TMJ disorders, that those often unexplained, undiagnosed and therefore untreated symptoms are related to a group of problems called Temporo-Mandibular Joint disorders. With the proper training and diagnostic skills and adequate equipment, practitioners working in the area of TMJ Dysfunction's are able to pinpoint the cause of these symptoms and provide (many times miraculous to the patient), relief of symptoms, which may have

miraculous to the patient), relief of symptoms, which may have been present for years. If you suffer from one or all of these symptoms, we are here to help you.

Structural stress from a misaligned TMJ is the worst kind of physical stress because there is no way the body can find relief for it. Any injured limb can be rested, but it is impossible to leave the TMJ inactive. Without realizing it, we swallow hundreds of times each day, and at night we may clinch or grind our teeth. Every time those teeth meet in incorrect occlusion, there is stress. To compensate for it, the jaw muscles begin to hold a tense and unnatural position and before long the tension travels by chain reaction throughout the body.

Muscle Spasms

Upper and lower teeth and jaws must come together firmly and without any stress every time you swallow. Swallowing can happen over a few thousand times a day and night, so, therefore, if your TMJ is unstable or certain areas of your bite have more stress on them than others, the muscles must work extra hard. In fact, they work so hard that sometimes some of the muscle groups fail to get any rest. The extra work makes muscles shortened and results in stiffness and pain in these muscles. Because of the strain, it is possible that all the muscles in your head and neck may feel very painful. Thus a vicious cycle begins of increased muscle tension, tissue damage, and stressful pain that is almost impossible to eliminate. There again, the cycling of this pain makes you feel very tense, uptight and irritable. This in turn again cycles and worsens the muscle spasms, which in turn increases the pain to another level.

Treatment Options

Myofascial Release: The skilled myofascial release therapist, such as those found at Wholistic Physical Therapy may even include intra-oral techniques. The mouth provides an access point to reach deep within the cranium, and hereby treat areas which are hard to reach. Deep muscles like the pterygoides are vital in the balance of the TMJ but are often “hard as rock”. Bony releases of the maxilla, mandible, palatine bones and vomer for examples help to create the much needed space and symmetry needed for a pain free state. The therapist will also teach you self treatment techniques that you can use on your own to relieve your pain and tension between sessions, and hopefully actually progress on your own!

Manipulation: the therapist uses highly specific joint mobilisation techniques to adjust the misaligned neck vertebrae or the TMJ joint. This helps to restore normal biomechanics to the joints which improves joint function and reduces pain.

Ultrasound: Reduction of joint inflammation and muscle inflammation and any other inflammatory responses that occur in the head and neck area. Ultrasound is extremely beneficial in reducing swelling and pain in the TMJ area.

Moist Heat: Causes muscles muscle relaxation by applying deep heat to muscle groups and also the joint area by a hydrocollator.

Ice: Ice can be introduced to achieve pain reduction and reduce spasm and muscle tension.