



# HEALTH & FITNESS

The Newsletter About Health and Caring For Your Body

[www.oroфинophysicaltherapy.com](http://www.oroфинophysicaltherapy.com)



## Understanding TMJ PAIN

The tempormandibular joint (TMJ) is the joint that connects your jaw to your skull; it is located just in front of your ear. It can be felt as you open and close your mouth. Like other joints in the body, the bones of the joint are covered with cartilage, but are unique in the sense that they have a small shock absorbing disk; much like those in your back. TMJ problems can begin to arise when the joint stressed from an accident, stress, grinding your teeth, and poor posture (falling posture as we age or working postures; computer/desk or forward head postures).

### COMMON SYMPTOMS

- ◆ Pain and/or tenderness of your jaw
- ◆ Aching pain in and around your ear
- ◆ Difficulty or discomfort chewing
- ◆ Locking of the joint, making it difficult to open or close your mouth
- ◆ Clicking or popping with normal jaw motions



Do you suffer from  
**TMJ Pain?**

### TREATMENTS

Your initial treatment of TMJ should begin with your MD or dentist. They will generally begin treatment with rest and anti-inflammatory medications. Your dentist may suggest a night splint to wear while sleeping to help decrease jaw clenching or grinding. Our physical therapist will use several techniques to decrease pain and improve function.

- \* Exercises to strengthen muscles and improve flexibility and range of motion
- \* Mobilization and massage of the joint to release possible scar tissue, restore normal mechanics and relieve muscle tension
- \* Training to help improve posture and correct jaw alignment
- \* Heat therapy to reduce swelling and relieve pain
- \* Electrical Stimulation over the jaw joint to block pain signals from reaching the brain
- \* Ultrasound to reduce pain and swelling and improve circulation

If you or someone you know is having jaw pain,  
call our clinic for a **FREE ASSESSMENT**

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