



THE PHYSICAL THERAPY SPECIALTY CENTER

a division of Primary Care Partners

NEWSLETTER

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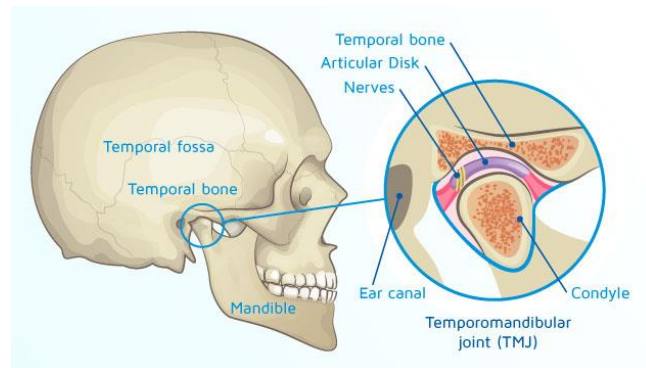
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TMJ DYSFUNCTION

Jaw pain is a common but complex medical issue. We also call jaw pain TMJ dysfunction. The TMJ is the “temporomandibular joint” named for the upper and the lower part of the skull which comprises the joint. This complex joint can contribute to a wide variety of symptoms from jaw pain to headaches. If you struggle with jaw pain, clenching, or tension headaches, consider reaching out to our office to be treated by one of our physical therapists. If you want to learn a little more about this unique joint, head over to our website and check out this month’s blog on TMJ Dysfunction.



AROUND THE CLINIC:

February is heart health awareness month. Cardiovascular disease continues to be one of the main killers in the United States. It is recommended that people get 150 minutes of moderate exercise in a week. Strength training is also beneficial in boosting your cardiovascular health. The recommendation is two 45 minute sessions per week. These guidelines can encompass all types of exercise and activities including skiing, hiking, biking, swimming, etc. So get out and enjoy some heart healthy activities and love your heart!

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Spotlight Diagnosis of the Month

Diagnosis: TMJ Dysfunction or Disorder

What is it?

The TMJ is the temporomandibular joint, the small jaw joint located in front of your ear. You have two of these joints, one on each side, and they are what make talking, eating, chewing, swallowing, singing, and kissing possible. They are even active when we sleep as you swallow your saliva through the night. When there is a misalignment or change in the mechanics related to the joint and the muscles that support the joint, there is a dysfunction or disorder.

This section is to provide details about commonly seen diagnoses or injuries in our clinic and how Therapy may help.

Common Symptoms

- Facial pain or swelling
- Headaches
- Jaw pain
- Pain, catching, or difficulty opening or closing your mouth
- Clicking of the joint
- Locking of the jaw
- Ear pain, pressure, ringing, or stuffiness (and no ear infection present)
- Neck, shoulder or upper back pain
- Difficulty chewing, talking or yawning
- Grinding or clenching

These symptoms can be related to muscle imbalances, joint issues, or degenerative / inflammatory impairments such as osteoarthritis, rheumatoid arthritis or fibromyalgia.

How Physical Therapy Can Help:

1. Pain management
2. Inflammation management
3. Postural correction
4. Manual therapy to decrease muscle tension
5. Strengthening muscles that stabilize the joint
6. Education regarding habit changes such as avoiding chewy foods or big bites of food
7. Prevent future deficits

Interestingly, some insurances do not cover TMJ disorder treatment. If you are having any neck stiffness, headaches, postural imbalances as well as the TMJ disorder, you may need an evaluation order for these additional symptoms. Otherwise, we do provide treatment for TMJ dysfunction here at PTSC.

Please confirm your appointments electronically so we know you are coming, and please continue to call our office if you need to reschedule. We have a \$50 no show/less than 24 hour cancelation fee.

