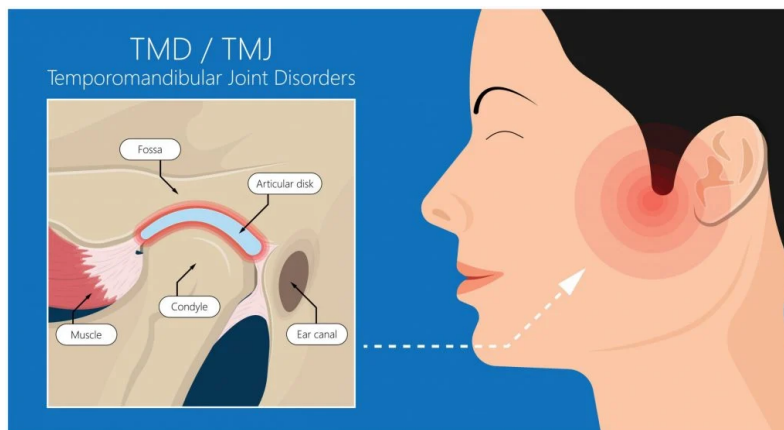


TMJ Pain? Physical Therapy Can Help!

Your Temporomandibular Joint (TMJ) is the hinge that connects your mandible to your temporal bone, or in less technical terms, your lower jaw and skull. It's much more complex than you might suspect, consisting of muscles, blood vessels, nerves, a disc and bones. Your TMJ is the most used joint in the body! Your TMJ allows you to open and close your mouth, to chew food, to speak, to yawn and helps with facial expressions. If your TMJ has experienced injury, micro trauma (caused from things like grinding or clenching) or inflammation, you can develop a Temporomandibular Disorder (TMD). Once you have developed a TMD, the activities involved with the TMJ may become painful and you may suffer a host of other symptoms.



TMJ
temporomandibular joint

4x more common in women than men

1 in 8 affected by TMJ

Common Symptoms

- headache
- neck pain
- pain in jaw
- jaw popping
- dizziness
- swelling
- joint locking
- muscle spasms

The infographic features a central silhouette of a person's head and neck. A red target symbol is placed on the ear area. Red arrows point from the text labels to the corresponding areas on the silhouette: headache (forehead), neck pain (neck), pain in jaw (jaw), jaw popping (jaw), dizziness (head), swelling (ear area), joint locking (jaw), and muscle spasms (neck).

Common symptoms of TMD are jaw pain, difficulty chewing, clicking and locking of the jaw, pain (in the face, ear, jaw, neck or mouth), headache and muscle soreness. TMD can be optimally managed by working with an experienced physical therapist who will perform a thorough evaluation and implement a comprehensive plan of care, including hands on physical therapy treatments to rehabilitate the involved muscles and joints.

Because of the complexities involved with the TMJ itself, multiple causative factors of TMD and the relationship between posture and the cervical spine with TMJ positioning, finding a physical therapist with specialized training in TMD rehabilitation is key to successful outcomes.

I have found that TMD is an underserved diagnosis in that many people are suffering with pain and dysfunction because they haven't found the right person to help them.

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