

Temporomandibular (TMJ) Therapy

What is Temporomandibular Joint (TMJ) Dysfunction?

You may be suffering from TMJ if you notice that it has become more difficult for you to bite into a juicy burger or sing along to your favorite song because of jaw and facial pain. Symptoms include a clicking or popping sound of the jaw, pain with eating and talking, headaches, and pain that radiates throughout the face and neck.

What causes TMJ?

Clenching and grinding teeth, dental problems, and people with forward head postures are at an increased risk for developing TMJ because of the muscular imbalances that develop from the improper position of the jaw, head and neck. The muscles become overused, fatigued and painful with chewing and talking. Trauma, motor vehicle accidents and stress are also causes of TMJ.

How does TMJ treatment work?

The focus of physical therapy treatment for TMJ includes education, teaching postural awareness and specific TMJ exercises, and re-establishing proper muscular control of your neck and jaw. Massage and hands on (mobilization) techniques are utilized to restore natural range of motion of the neck and TMJ. Once normal motion is maintained and pain is controlled, your therapist will instruct you on stabilization and postural exercises that will reduce pain and restore and maintain TMJ function.

Who provides TMJ treatment?

Several Northern Rehab physical therapists have gone through extensive TMJ training. You can learn more about TMJ treatment by speaking to your physical therapist, calling us at (815) 756-8524, or visiting our website at www.northernrehabpt.com!



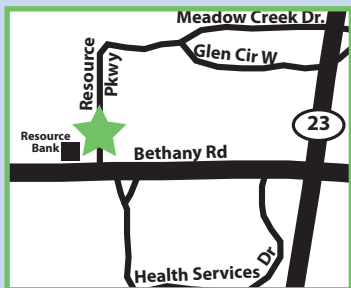
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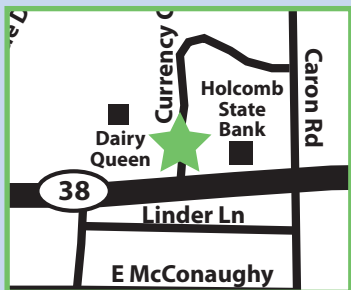


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