

ABOUT TMD

Temporomandibular Joint Dysfunction

HISTORY

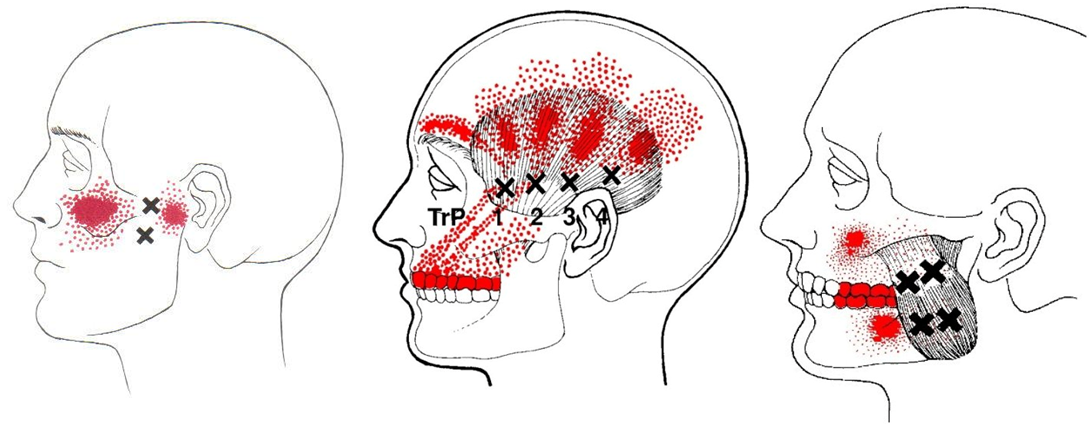
Causes of TMD include:

- Direct Injury
- Grinding/Clenching
- Disc Dysfunction
- Arthritis
- Stress
- Motor Vehicle Accident
- Anatomical Dysfunction

SIGNS & SYMPTOMS

- Severe discomfort and pain along jaw, ear, face, and cervical spine
- Clicking, popping, and locking
- Troubles chewing
- Headaches (often temporal)
- Tinnitus (ringing in the ears)
- Numbness/tingling

REFERRAL PATTERNS



ANATOMY

The temporomandibular joint is where the jawbone connects to your skull, and includes muscles, articular discs and ligaments.



Contact us

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1) Pain Management

A great exercise/management technique is **self-release**. Reach over with one hand, pull up on the scalp, and slide the other hand down. Hold stationary in areas of pain, wait for release (decrease in pain), and then move to the next spot. Perform 1 minute on each side 2x per day.



2) Mobility

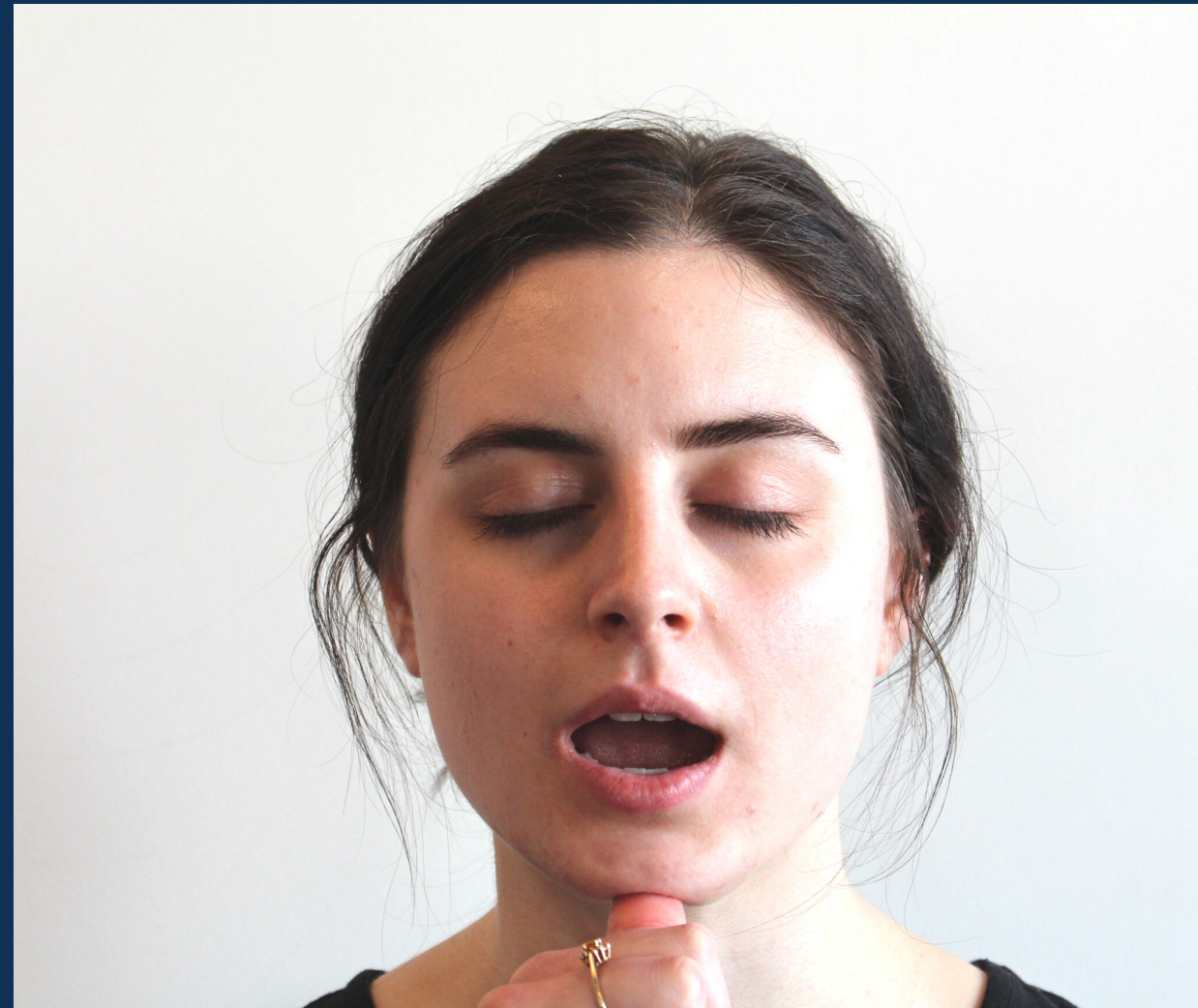
A great place to start with mobility is an exercise called **controlled opening**. Put your tongue to the roof of your mouth and open as wide as you can while maintaining contact with the roof. Do this every hour 10x. This ensures both joints open at the same rate (quality).



3) Strength

Once pain is reduced and mobility is near full, it's time for strength!

Resisted opening helps strengthen some of the key muscles in your jaw, and also helps with locking. Put one hand under your chin and open your jaw while applying some resistance. Perform 3 sets of 7 repetitions 2x per day.



4) Functional/Sport

At this point, you should have next to no pain, full mobility, and full strength. This is where you can return to eating what you love (don't chew too much gum). Try chewier foods as symptoms allow.

