

How Can Physiotherapy Help

- Physiotherapists are specifically trained in musculoskeletal assessment. This makes them the ideal health professionals to treat injuries or problems with joints, bones, muscles, tendons and ligaments. They can recognize contributing factors to TMJ dysfunction.

- After a detailed **assessment**, a **treatment plan** would be designed, to meet the needs and goals of the client. This may include:

Education

- of condition and contributing factors
- of proper posture and body mechanics ie-computer work, sleeping

Exercises

- to improve posture
- stretching/strengthening of specific jaw, tongue, head or neck muscles to improve jaw alignment and control the position of the disc

Manual Therapy

- techniques to help assist the body to loosen and promote proper healing of specific tissues such as fascia, muscle, ligaments, nerve, bones and joints. Craniosacral therapy is especially helpful

Modalities

- machines used to help decrease pain/swelling and promote healing (ie ultrasound, acupuncture, TENS, heat)

For more information or, should you require physiotherapy treatment, please contact

Physiotherapy Plus

150 Duke St.

Miramichi, NB E1N 1H8

Phone: 778-1890

Fax: 778-1892



PHYSIOTHERAPY. IT'LL MOVE YOU

River Rehabilitation Services

136 Newcastle Blvd.

Miramichi, NB E2L 3X9

phone: 622-2079

Fax: 622-4093



TMJ

Temporomandibular

Joint Dysfunction



What You Should Know

Look inside to see how Physiotherapy can help you to..

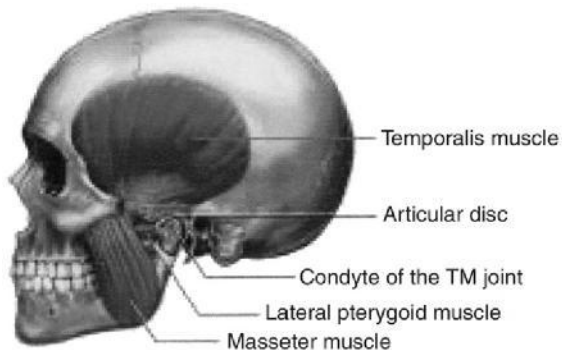
- alleviate symptoms of improper jaw function
- prevent chronic strain on your teeth and jaw joints

Explaining your Jaw

Your jaw attaches to your skull by muscles and ligaments with a disc resting between the two bones. The two joints must work in coordination with each other through a normal pull of the muscles to maintain good jaw and teeth alignment as well as good positioning of the disc between the two bones.

If one muscle works more than it should, it can pull the jaw in that direction leading to poor alignment. Also the head sits on top of the body, therefore poor posture or spine alignment can contribute to excessive pressure on the different parts of the joint (ie if you sit with your head, hips or body tilted to one side, you will bite more on one side of jaw. Likewise if you tilt your head back you will bite more on the back of your jaw).

Tightness at the back of the head can lead to clenching, grinding as well as improper jaw muscle activity due to the nerve pathway and muscle alignment. Likewise, muscles at the front of the neck and tongue can contribute to jaw problems.



Temporomandibular Joint - TMJ

Possible Causes for TMJ dysfunction

1. Trauma to the joint – blow to the jaw or head
2. Mental stress (contributes to clenching and grinding teeth and increase tension in muscles)
3. Jaw abnormalities, missing teeth, poor bite (malocclusion)
4. Poor posture – ie resting head in the hand, tilting the hips, head
5. Abnormal Muscle Imbalance (ie chewing on one side of the mouth, poor tongue position, abnormal swallowing)
6. Whiplash injury
7. Prolonged mouth and upper respiratory breathing
8. Ligamentous laxity
9. Birth/Congenital trauma

Before undergoing nonreversible treatments such as surgery or orthodontics, the first step should be to change the pull of the soft tissues to help alleviate symptoms.

Often an overbite can be asymptomatic if there is good posture and no excessive muscle tone surrounding this

Common Signs and Symptoms of TMJ dysfunction

- Clicking or popping with opening or closing
- Headaches
- Pain at rest with opening/closing the jaw
- Decreased ability to open the jaw (hypomobility)
- Neck pain, jaw or tooth pain
- Tooth sensitivity
- Dry or burning sensation in mouth
- Uncomfortable bite
- Buzzing or ringing in ears, fullness in the ears
- Hearing Loss

What can you do?

- keep stress to a minimum – use relaxation techniques, general body exercises and avoid activities such as nail biting.
- use good posture of the spine and jaw (teeth aligned, tongue roof of mouth, spine tall).
- chew evenly on both sides of the mouth and limit excessive chewing (ie gum, soft food if needed).
- get enough rest and use a good sleep position (support spine in neutral with pillows if needed)
- may need a dental appliance to help with teeth alignment and protect teeth.