Temporomandibular Joint Disorders Can Be Treated with Physical Therapy

Have you recently been diagnosed with Temporomandibular Joint Dysfunction (TMJ)?

Do you experience jaw clicking, pain, headaches, tightness or spasms of the jaw tissues? Inability to open and close the mouth completely during eating, talking or yawning? Or popping in the ears?

Temporomandibular disorder (TMD) is often treated by a team of dentists, physical therapists and oral surgeons working together in their areas of expertise to address the causes of TMD. If you are experiencing any of the symptoms below, you may benefit from a referral to physical therapy.

- Pain at the temporomandibular joint (TMJ), jaw, ear, neck, shoulder
- Clicking of the jaw
- Locking of the jaw
- Headaches
- Inability to open the mouth wide to eat, sing, yawn, talk
- Inability to close the jaw completely
- Jaw muscle spasms
- Ringing/popping in the ears
- Disc displacement and discomfort

Our dedicated physical therapists will perform a comprehensive evaluation of the neck and jaw. We work with you to restore the jaw’s natural movement and to decrease pain. The therapy staff understands your individual needs and determines the best methods to customize your treatment. This includes education about TMD with focus on postural awareness and re-establishing proper muscle control for jaw movement through therapeutic exercises. Special manual mobilization techniques, dry needling and other modalities may be used to decrease pain and muscle spasms.

To schedule a convenient appointment at one of our therapy service centers, please call 330.379.8666.