



TMJ disorders and Facial Pain

Temporomandibular joint “TMJ” disorders and facial pain are a result of an imbalance of the jaw and skull with the muscles that move the jaw and other nervous system components. TMJ disorders may have a gradual onset with no apparent cause or may be a result of a physical insult. A thorough medical history and physical evaluation by our physical therapy staff will be performed in order to determine the source of your pain.

TMJ disorder can present itself with a variety of symptoms including:

- ☺ jaw or face pain including headaches, earaches or toothaches
- ☺ pain with chewing
- ☺ “clicking” or “popping” of the jaw
- ☺ abnormal opening of the mouth
- ☺ abnormal closing of the mouth
- ☺ lock jaw, bite feels odd
- ☺ ringing of the ears
- ☺ dizziness

Causes of TMJ disorder and facial pain include:

- ☺ Clenching or grinding of teeth
- ☺ prolonged gum chewing, nail biting, cradling phone between shoulder and the side of the head
- ☺ poor posture, holding the head forward while looking at a computer strains the muscles of both the face and neck
- ☺ physical injury or insult to the head or neck resulting from motor vehicle or sports related accident
- ☺ osteoarthritis

Treatment of TMJ disorders:

- ☺ identify causative agents of emotional and physical stresses
- ☺ massage/myofascial release treatment of the muscles of the jaw and neck
- ☺ muscle energy techniques of the muscles of the jaw and neck
- ☺ trigger point treatment of the muscles of the jaw
- ☺ craniosacral treatment

At Excel Physical Therapy, our therapists frequently attend continuing education courses and seminars on alternate and advanced physical therapy techniques. By complementing standard physical therapy practice with a non traditional approach we are able to treat a variety of dysfunction with excellent results. We offer essential one on one treatment sessions where we consider the whole person, not just the symptom. Our objective is to identify and resolve the cause of each particular problem which guarantees a quick and effective recovery for the patient.