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Signs and symptoms of TMJ disorders:

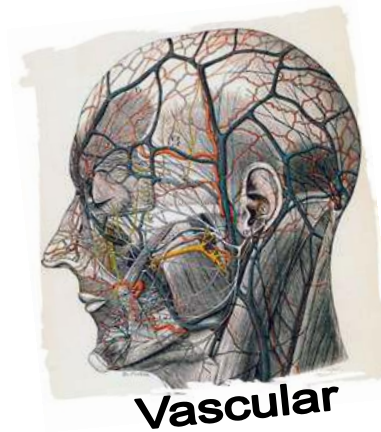
- Pain or tenderness of the jaw, neck and shoulder
- Aching pain in and around your ear and or facial pain
- Difficulty or discomfort while chewing/biting
- Locking of the joint, making it difficult to open or close your mouth
- Headaches, dizziness or ringing in the ears (Tinnitus)
- Clicking sounds or grating sensation when you open your mouth or chew

Causes of TMJ disorders / pain:

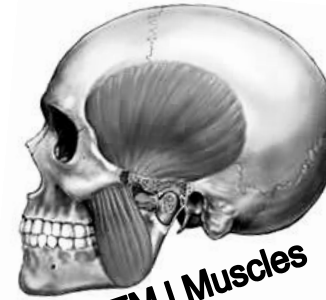
- Overuse/strain: The jaw / neck muscles strain from stress or overwork, typically when you habitually clench or grind your teeth or with poor posture/positioning
- Vascular compromise usually due to tension from fascia/muscle
- Muscle imbalances in jaw and or neck muscles
- Trauma to the area causing inflammation/swelling and dysfunction
- Post infection (Viral/Bacterial)

Physical Therapy treatment options:

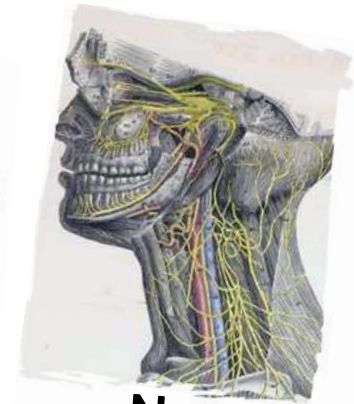
- Transcutaneous electrical nerve stimulation (TENS) or Low level electrical stimulation provides pain relief by relaxing the jaw and facial muscles
- Ultrasound treatment is a form of mechanical vibration that relieves pain and inflammation
- Moist heat or cold packs
- Low-level Laser therapy is used to reduce the pain and inflammation
- Massage / Myofascial release to relax muscle and restore muscle function
- Joint mobilization techniques to restore normal function to the joint
- Therapeutic exercise to restore muscle imbalances and normal function of the joint
- Patient education / self care techniques / relaxation techniques to help control muscle tension in the jaw



Vascular



TMJ Muscles



Nerve

