



TEMPOROMANDIBULAR DISORDERS

Proformance Physical Therapy would like to extend our services to the community who experience temporomandibular disorders.

TMD is usually associated by one or more of the following *signs* or *symptoms*:

- ❖ Limited movement or locking of the jaw
- ❖ Radiating pain in the face, neck or shoulders
- ❖ Painful clicking, popping or grating sounds in the jaw joint when opening or closing the mouth
- ❖ Changes in the way the upper and lower teeth fit together
- ❖ Other symptoms affecting the head & neck region such as headaches, ear-related symptoms and cervical spine disorders

Physical therapy is a *non-invasive* approach which is intended to relieve musculoskeletal pain, reduce inflammation, and restore oral motor function through:

- ❖ Postural training
- ❖ Massage to the jaw, face & neck
- ❖ Gentle manual stretches & relaxation techniques
- ❖ Use of ultrasound & electrical stimulation to regulate pain & reduce tension

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