

The Spinal Column

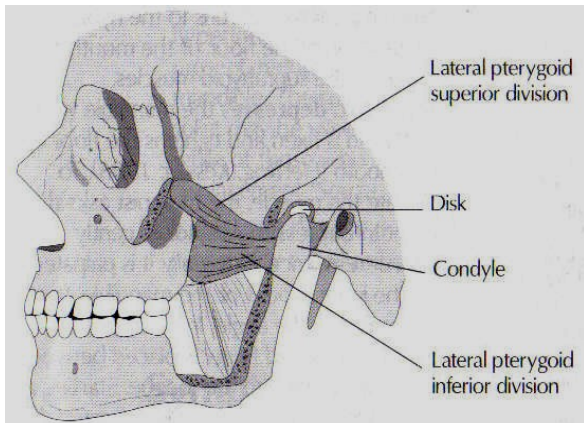
Do You Have Pain In Your Jaw? It Could Be TMJ Dysfunction

By the In GoodHands Team

Have you ever experienced facial pain and headaches? Clicking or popping of your jaw? You could be suffering from Temporomandibular Joint Dysfunction or (TMJD).

Temporomandibular Joint Dysfunction is defined as a disorder of the muscles of mastication, the tmj and associated structures.

The TMJ is a bilateral joint (one on each side of you head). There are two bones that make up the joint: the mandible and temporal bone. They are held together by ligaments that can become sprain due to trauma or injury. Muscles such as the masseter, pterygoid and temporalis surround the joints to provide control, stability and movement to the joint. These muscles, however; can become tense (from clenching and grinding) and can cause improper movement of the joint leading to the condition. Furthermore, there are small fibrous pads known as disks that act as cushions to prevent the bones from rubbing on each other. These disks can slip or tear which can result in abnormal positioning of the joint. Nearby muscles of the neck and shoulders such as the SCM and suboccipitals can indirectly affect the jaw area when they become tense and painful.



Other

common causes include:

- Misalignment of joints due to bite or denture problems
- Misalignment of upper neck vertebrae or bones of

the skull

- Injury or trauma (whiplash)
- Nerve or circulatory problems
- Improper tracking or the TMJ disc within the joint
- Performing oral sex
- Weak neck extensor muscles in the back or the neck
- Arthritis and fibromyalgia

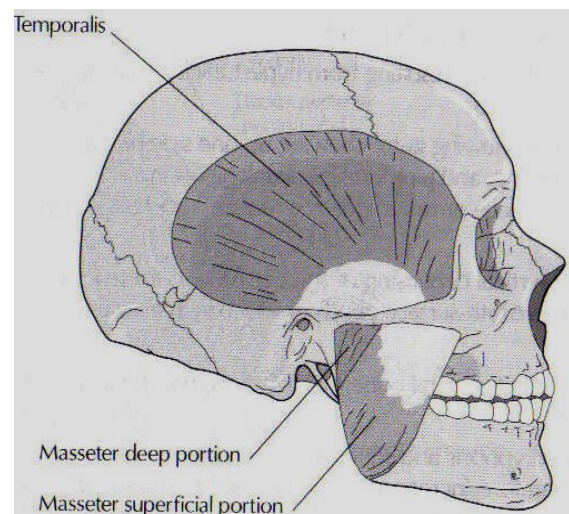
Common symptoms of TMJD:

- Pain in the jaw or side of face
- Limited range or motion of the jaw joint
- Clicking or popping when you open and/or close your mouth
- Spontaneous dislocations
- Ringing in the ears
- Dizziness
- Headaches
- Back and shoulder pain

Here are two easy tests you can perform on yourself.

- Place you index finger in your ears and slowing open and close you mouth. Any clicking or popping may be a sign of the condition.
- While standing in front of a mirror slowly open and close your mouth. If your jaw moves to the left or right this could also be indicative or the disorder.

How to Treat TMJD:



Massage Therapy can help to reduce pain, muscle tension, spasm, swelling and increase movement and range of

motion in the joint. The treatment is most often performed intra-orally (inside the mouth while wearing gloves). The MT focuses on releasing myofascial restrictions and trigger points (knots). Other areas treated during the appointment are head, neck, shoulders and scalp.

Reiki treatments have been know to reduce stress and tension in the body thereby reducing bruxism (grinding and clenching of the jaw) during sleep and stressful events.

Chiropractic Doctors can help to realign the jaw and neck vertebrae to ensure proper joint health and function.

Dentist or Orthodontist can assess and prescribe splints that hold the jaw in place so when the mouth opens the disc doesn't slip. This forces the bones and muscles to align properly. In severe cases surgery is performed.

Homecare and Self Treatment

Jaw Exercises - Slowly and carefully open and close the mouth, this can alleviate the clicking noise and prevent locking. Check with your Therapist or Doctor for proper techniques.

Heat - Properly placed heat packs can reduce muscle spasms and increase circulation

Cold - Ice and cold compresses can be applied to painful area to reduce swelling and lessen pain.

Stretching - See you Therapist and/or Doctor for stretches to increase range of motion and reduce muscle imbalances.

Main and Franchise Clinics:



In GoodHands Rehabilitation & Wellness Centre
 Bramalea City Centre – Inside GoodLife Fitness
 Unit 50A - 25 Peel Centre Drive, Brampton, ON L6T 3R5
Phone: (905) 453-5858 **Fax:** (905) 453-8995
Email: info@ingoodhandswellness.com

Services:
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Clinic Hours:
 Mon. and Wed.: 9:30 am - 8:30 pm
 Tues. and Thurs.: 10:00 am - 9:00 pm
 Fri.: 9:30 am - 7:00 pm
 Sat.: 9:30 am - 2:30 pm
 Sun.: Closed

In GreatHands Chiropractic & Wellness Centre
 Inside Oshawa Centre Mall
 C/O Goodlife, 419 King Street West, Oshawa, ON L1J 2K5
Phone: (905) 433-9520 **Fax:** (905) 433-8144
Email: oshawa@ingreathands.com

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 Fri.: 9:00 am - 7:00 pm
 Sat.: 9:00 am - 5:00 pm
 Sun.: Closed