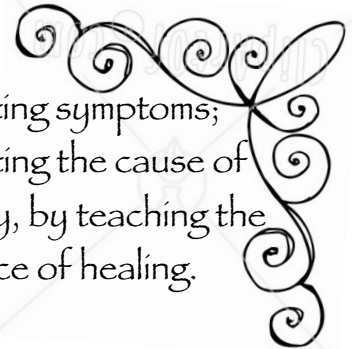
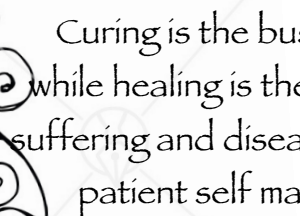


## JAW DROPPING FACTS!

- \*Temporal Mandibular Joint (TMJ) is the most complex joint in the entire body
- \*It is the only bilateral connected joint (right and left) that exist in the human body
- \*1 in 25 people are affected by TMD
- \*35% of population of the American population has TMJ disorders
- \*The joints are immediately in front of the ear on each side of the head
- \*TMJoint is one of the most frequently used in the body
- \*Only 1% of TMJ disorder (TMD) sufferers require surgery
- \*TMJ disorders (TMD) is NOT a primary field for Physical Therapists, Dentists, Chiropractors, or MD's education process.
- \*Teeth are the most overlooked structures to non-dentists and the most myopically (focused) viewed structures to the dentist!
- \*TMJs are the only two joints that function together as a single unit unlike any other joint in the body
- \*The right and left TMJ s do not act as separate joints, but must move in coordination with one another for healthy bite
- \*The jaw is part of the head, the head is part of the body, they all function harmoniously with one another in health and when one part of our body is out of balance it affects the other parts.
- \*If the coccyx (lowest part of the tailbone) is not addressed, the chance of TMJ resolution is unlikely. (Possibly the most important anchoring function of the coccyx has to do with the connective tissue that envelopes the spinal cord up to the brain , called the meninges. A filament of meningeal tissue connects the spinal cord to the inside of the coccyx (filum terminale). Due to this connection, coccyx subluxation (or misalignment) can contribute to symptoms almost anywhere in the body. Patients suffering from headache may be amazed when their doctor of chiropractic checks their coccyx, yet headache can indeed be a symptomatic expression of subluxation at this level)
- \*TMD represents a multifactorial disturbances of the function of the following:
  - TMJ apparatus
  - Muscles of mastication (temporalis, masseter,medial pterygoid, lateral pterygoid)
  - Muscles that support and sustain postural relationships of head, neck, and shoulder region, and low back, coccyx
  - Support of the mandible by dentition (bite) and inter-occlusion (fitting together) of the dentition that maintains and guides mandibular position and movements
  - proprioception reflexes from TMJ, muscles, ligaments, and dentition

## JAW DROPPING FACTS!

- \*The tongue is the strongest muscle in the body
- \*Whereas teeth rarely come into contact during normal chewing, grinding of teeth may occur 1–4 hours in a 24 hour period, most often during sleep. The amount of pressure placed on teeth during functional habits is 20–80 psi, but the pressure can range from 300 to 3000 psi during parafunctional habits.
- \*Bruxism (grinding) is the most common sleep disorders
- \*Teeth rarely come into contact with normal chewing
- \*There are 206 bones in the adult human skeleton
- \*There are 32 teeth in the adult human mouth
- \*The human body contains 20 times more microbes than it does cells
- \*The lining of your digestive system is shed every 3 days
- \*A human has 60,000 miles of blood vessels in their body
- \*The masseter muscle is capable of exerting hundreds of pounds of pressure
- \*Studies have shown that 60% to 90% of patients with TMJ disorder have an improvement in symptoms after using only self-management techniques.
- \*Chiropractic is firmly established as the 3rd largest form of health care in the US



Curing is the business of medicine, and it involves eliminating symptoms; while healing is the crafting of a healthy lifestyle by eliminating the cause of suffering and disease and then creating a meaningful destiny, by teaching the patient self management techniques. Ours is the practice of healing.