

The TMJ Therapy

Treatment Plan May Consist of:

In Office:

- Gentle Chiropractic adjustments of appropriate joints

 - To align joints in proper position

 - Break adhesions restricting full range of motion in joint

 - Relax surrounding muscles

 - Increased blood flow and nutrition to soft tissues

 - Take pressure off nerve for full innate healing

- Deep tissue massage to muscles

 - Relaxes and stretches muscles

 - Breaks adhesions in muscle belly creating balance and pliability

 - Restores balance to synchronize masticatory (chewing) system

- Pain and inflammation reduction with Ultra Sound, Electric Stimulation:

 - Breaks adhesions in muscle belly and joint disc

 - Decreases inflammation and pain

- LifeStyle Lessons

 - Counseling in oral habits, joint alignment and posture, nutrition,

 - ergonomics of daily living, behavioral modification, stress management,

- Individualized Rehabilitation Exercises

 - proprioceptive techniques, Neuromusculo-Reeducation and repatterning

Home Care:

- Ice/heat therapy:

 - Decreases inflammation and pain

 - Relaxes muscles

- Exercises and stretching:

 - Balance muscles to become equal and synchronistic again

 - Decreases tightness and/or pain

 - Increases flexibility and range of motion

 - Increases nutrition to the sight

- TENs (transcutaneous electric stimulation):

 - Pain management

 - Muscle relaxation

- Suggested treatment supports:

 - Bed pillows, analgesics, lumbar supports, ice/heat pack, home TENs unit