

## TMJ- JAW PAIN

TMJ or temporomandibular joint disorders cause pain in the face and jaw. People with TMJ have problems with chewing, talking, and pain in related structures (ears and neck musculature). Temporomandibular disorders affect more than 25% of the general population with only 10% seeking help. Patients with chronic TMJ have been found to have higher incidence of depression, poor sleep quality, and lower energy levels. It is also commonly found in people with fibromyalgia or other chronic pain syndromes.

Clemens Physical Therapy specializes in the treatment of temporomandibular disorders as well as other related chronic pain problems such as fibromyalgia and headaches. We address the joint problems, muscle tightness, and work to correct factors such as posture that lead to TMJ. Treatment also works well in conjunction with any dental treatment or splinting you need. Emphasis is also placed on giving you the tools you need to help maintain your progress and keep problems from returning.

*\*for more information, go to **SEARCH** on our website menu and type in **TMJ***

### SYMPTOMS

- Face/jaw pain
- Joint sounds/clicking
- Limitation in mouth opening
- Muscle and joint tenderness
- Difficulty in chewing
- Ringing in the ear (Tinnitus)
- Headache

### CAUSES

- Jaw clenching
- Poor posture
- Chewing on ice, fingernails, etc.
- Stress
- Arthritis
- Joint dysfunction

### TREATMENTS AT CLEMENS PHYSICAL THERAPY

**Manual “hands-on” therapy:** Very gentle treatment designed with people with TMJ and chronic pain in mind. The goal is to stretch tight muscles and mobilize joints without aggravating symptoms to allow you to return to normal function with less pain.

**Modalities:** Moist heat, ice, ultrasound, or electrical stimulation to decrease pain and inflammation and loosen tight muscles.

**Biofeedback:** Used to teach relaxation techniques or to retrain muscles to perform correctly and efficiently. Uses a computer screen to “see” body processes.

**Exercise:** Very gentle strengthening and stretching programs designed with people with TMJ and chronic pain in mind. The goal is to restore function and prevent future problems.

**Education:** Addresses safe lifting techniques, work/activity modification, posture awareness, and prevention measures. Self help techniques to help you maintain your progress on your own.

#### Clemens Physical Therapy PLLC

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# CLEMENS PHYSICAL THERAPY, PLLC

## Why We Are Unique

- Years of expertise and extensive specialization in the areas of chronic pain and women's health
- Treatment is one-on-one
- Most treatment sessions last one hour but may be shorter or longer depending on your needs
- An initial evaluation/exam is performed on the first visit to determine your needs for treatment
- A plan of care for treatment is developed to address your needs and concerns
- We will answer any questions you may have
- Care is provided in a small, comfortable setting
- We specialize in the treatment of painful conditions and will tailor the intensity of rehabilitation to your tolerance
- Exercises and stretches will be used to help you reach your goals and to help prevent future problems
- Treatment does not involve surgery or medications
- Treatment works well along with medication or other medical treatments

## How to be seen at Clemens Physical Therapy

- Treatment is covered by most insurances
- Insurance coverage may require a Doctor's referral
- Referrals can be faxed to 304-842-0060
- Appointments can be scheduled by calling 304-842-6008
- We offer convenient hours including late appointments most days to accommodate your busy schedule
- We understand your time is valuable. We typically see patients at their scheduled appointment time with little to no wait
- Please call if you cannot make your appointment for any reason. We do not double-book patients—your time is set aside specifically for you. If you are unable to come, we can offer that appointment to someone else that needs it.
- We accept Visa, Mastercard, and Discover
- **Please feel free to ask any questions you may have.**  
**304-842-6008**

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