



## Temporomandibular Joint Dysfunction

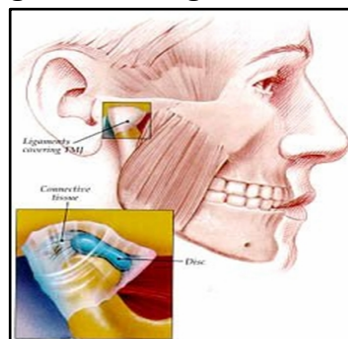


### **What is temporomandibular joint dysfunction?**

Temporomandibular joint (TMJ) dysfunction is a condition that is characterized by pain and limited ability to talk, eat, or move your jaw because of inflammation, osteoarthritis, hypomobility, hypermobility, or disc displacement.

### **What are possible signs and symptoms of TMJ dysfunction?**

- Pain in the region around the jaw or ear when talking or chewing
- Presence of clicking when opening/closing mouth
- Headaches
- Muscle spasms in facial or neck muscles
- Inability to open mouth



### **How does physical therapy help?**

- Stretching and strengthening
- Postural muscle strengthening
- Manual therapy – massage, mobilization, stretching, myofascial release
- Education about posture, body mechanics, and activity modification
- Modalities – electrical stimulation, ultrasound, cold laser

### **TMJ Education:**

- Stop nail biting, chewing gum, clenching or grinding your teeth
- Rest about 1/3 of the front on the tongue on the roof of the mouth
- Teeth resting position is with your teeth slightly apart
- Lips are lightly together and you are breathing through your nose
- Keep the tip of the tongue on roof of mouth when yawning
- Avoid sleeping on your stomach
- Avoid resting chin on your hands
- Soft diet: avoid hard crunchy foods
- Cut up food into small pieces
- Warm water rinses
- Work on posture exercises 5-6x/day.

