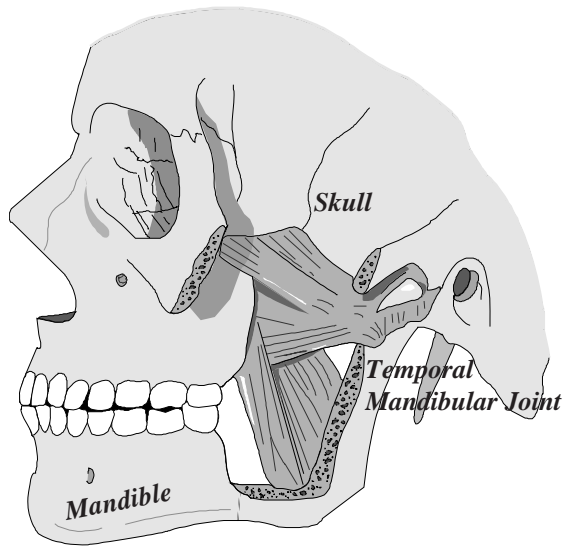


# T.M.J. - TEMPORAL MANDIBULAR JOINT SYNDROME

A common cause of many pain syndromes is T.M.J. or Temporal Mandibular Joint Syndrome. It is commonly misdiagnosed as common tension headaches, sinus headaches, inner ear infections, dental problems as well as other functional disorders.



The jaw is primarily a muscular joint and the muscles attach to the temporal bone (the small skull bone above the ear) and the mandible (jawbone). The joint the mandible inserts into is the Temporal Mandibular Joint and a disc in this joint cushions movement of the jaw.

Since the muscles in the jaw are what move the joint through chewing, talking, and other activities, pain syndromes can develop when these muscles dysfunction and cause the Temporal Mandibular Joint to become irritated. There are also known relationships between the Eustachian tube (which supplies air to the

inner ear) and the upper cervical spine (neck region) which account for many chronic headache scenarios as well as earaches/ear infections

## TYPICAL SYMPTOMS OF THE TMJ SUFFERER

- ❖ Neck Pain.
- ❖ Headaches which wake you out of your sleep or are present when you awake in the morning.
- ❖ Jaw soreness, especially in the morning.
- ❖ Jaw locking at times.
- ❖ Headaches lasting for days.
- ❖ Upper neck stiffness or kinking sensation.
- ❖ Jaw cracks upon opening or during eating.

## CAUSES OF TMJ SYNDROME

Although there are many theories about how most T.M.J. syndromes occur (trauma, grinding teeth, malocclusion syndromes, too much hard chewing, stress), there is little real scientific consensus on how the syndrome occurs, and even less on how to treat it effectively. Most of these syndromes develop over time with the onset of symptoms, often years after the actual dysfunction began. The joint is controlled primarily by muscles, and the syndrome is often a secondary

effect of muscular dysfunction.

## TRADITIONAL TREATMENTS FOR TMJ

TMJ has been treated with numerous methods with varying degrees of success. Some patients were given night guards by their dentists and told to wear them daily. Others were treated with various chiropractic techniques, with varying degrees of short lived success. Still others relied on muscle relaxants and pain medication. The worst cases often opted for surgeries, expensive therapeutic regimens and even extreme forms of bracing, often costing thousands of dollars and offering little or no long term relief.

## MYOFASCIAL RELEASE TECHNIQUE'S A RATIONAL APPROACH WITH CONSISTENT RESULTS

A relatively new approach now gaining acceptance is Myofascial Release Technique's. Simply explained; the jaw is a muscular joint and muscular dysfunction within the joint may cause the jaw to deviate from its normal alignment. If there was a way to cause the muscles to work properly again, with both sides being of equal length (as opposed to uneven pulling of the jaw muscles), theoretically, the joint will stay in proper alignment and should work properly. This is the reason Myofascial Release can yield consistent results in the treatment of

T.M.J. syndrome. Myofascial Release Technique's simply restores normal muscular function without the use of drugs, splints or surgeries.

Over time, muscles develop scar tissue from overusage which shortens the muscles. Eventually, pain and stiffness are experienced at the muscular insertions creating the symptoms associated with T.M.J.. When the T.M. joint dysfunctions, the joints in the upper neck reflexly tighten creating the familiar T.M.J. headache in the morning (often mistaken for sinus headaches). Myofascial Release Technique's yields consistent results by stripping away (by hand) the scar tissue and adhesions in these muscles allowing them to relax and the muscles in the jaw are no longer tight. Unlike most methods, the changes are instantaneous. Often the symptoms are gone quickly and chewing feels different because of the normalized alignment of the T.M. joint.

## SUMMARY

**M**yofascial Release Technique's offers a significant therapeutic advantage over other interventions for the jaw in treating this condition. The more stable the joint is, the better the expected outcome should be in treating the condition. Chiropractors trained in Myofascial Release Technique's can evaluate the condition of the joints, the muscles in the jaw and even perform an adjustment on the jaw (manual

realignment) if necessary to achieve optimal jaw function. Your chiropractor will also restore proper function to the upper neck region using spinal adjustments (an extremely safe procedure) and perform Myofascial Release Technique's to the neck area as well allowing optimal joint and nervous system function. Using this combined chiropractic / Myofascial Release Technique's treatment regimen will yield consistent results on most people.

To find out more about this cost effective approach to treating T.M.J., ask your doctor of chiropractic if he is trained in Myofascial Release Technique's.

<http://www.backfixer1.com>

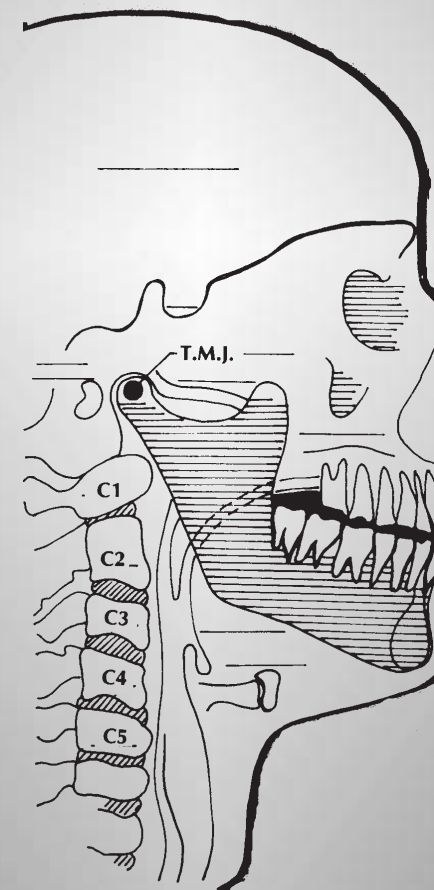
*"Stop hurting in as little as one visit"*



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## SYNDROME