

What Adelaide Jaw Physiotherapy offer

Treatment:

- ▶ diagnostic assessment which allows us to understand the causes behind your symptoms
- ▶ a detailed explanation
- ▶ evaluation of treatment given and prediction of outcome of treatment where possible
- ▶ relief of symptoms
- ▶ freeing of restricted movement and stiffness
- ▶ use of home exercise and muscle re-education
- ▶ hands-on treatment for related factors, such as spine, posture, biomechanical factors, headaches and movement disorders

Education:

- ▶ explaining the problem and its context and how to create the best conditions for healing
- ▶ learning about clenching and other helpful muscular habits
- ▶ advice about eating, chewing, jaw movement patterns and how this affects the problem
- ▶ home programs
- ▶ postural awareness

Long term management:

- ▶ prevention strategies
- ▶ maintenance exercises



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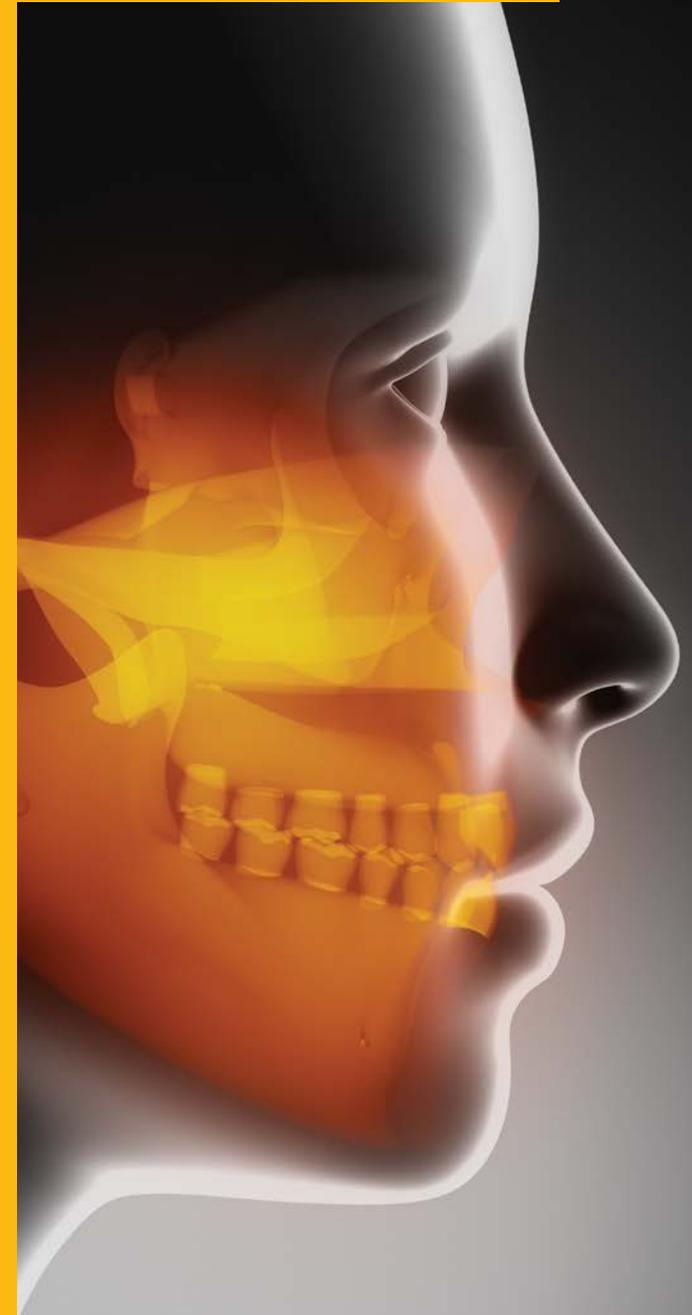
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So, what is TMD?

TMD refers to disorders of the temporomandibular (jaw) joint or to the soft tissues and muscles around the joint.

The jaw joint is found at the side of the face, just in front of the ear and can be felt whilst opening and closing the mouth. It is an anatomically complex joint and one of the few joints in the body that has a small disc between the bones. It is functionally related to the head and neck.

The condition is also referred to as TMJ (temporomandibular joint).

Common symptoms

Someone with TMD might experience one or more of the following:

- ▶ discomfort in the jaw or face
- ▶ clicking, grating or other noises in the joint during actions such as chewing or yawning
- ▶ unevenness or deviation in movements of the jaw
- ▶ locking or sticking, or a feeling of the jaw being out of position – may be prolonged or brief
- ▶ limited opening or stiffness
- ▶ headaches and / or dizziness
- ▶ earache or a feeling of ear blockage
- ▶ worn teeth, unexplained toothache
- ▶ bruxing (grinding of the teeth during sleep)
- ▶ clenching or tension in the facial jaw or muscles
- ▶ muscular neck and shoulder tension

What causes TMD?

Although symptoms may appear suddenly, they are usually a result of stresses to the joint or muscles which have accumulated over a period of time.

Common causes and predisposing factors are:

Trauma:

- ▶ a direct blow to the face, chin or jaw area
- ▶ biting into something awkwardly
- ▶ whiplash or other indirect trauma
- ▶ dental or surgical trauma

Microtrauma:

- ▶ clenching or bruxing
- ▶ postural stress / tension
- ▶ abnormal muscular habits or use
- ▶ sudden changes in occlusion

Other:

- ▶ hereditary abnormalities
- ▶ arthritis

Can TMD be cured?

In almost all cases, TMD can be alleviated and the problem can be managed effectively. Because it is a chronic condition, changes in lifestyle and habits are necessary to get a good, sustainable result from treatment.

Some people have to learn to live with some inconvenience (eg: a click or occasional discomfort) especially if there is joint damage. We are able to teach ways to minimise these inconveniences. In a few very rare cases, surgery is a viable option. As a rule, the sooner you can address the problem, the easier it will be to rehabilitate.

Treatment of TMD

Treatment is best shared between dentists and / or dental specialist and a physiotherapist who has an in-depth understanding of the joint function.