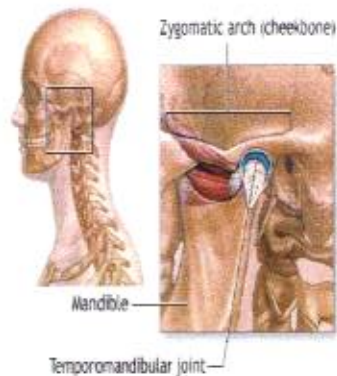


## What is TMJ / TMD (Temporomandibular Disorders)



its, developmental defects, naturally occur-

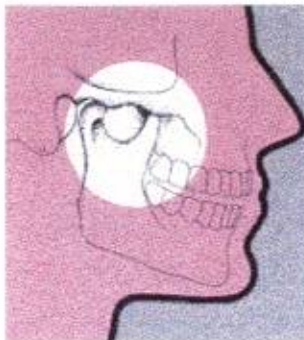
This is a disorder of the joints between the upper and lower jaws caused by accidents, oral hab-

its, developmental defects, naturally occurring malocclusion (poor bite), orthodontics, psychological stress, clenching or grinding of teeth or other conditions. TMJ syndrome is a term often used to describe a disorder of the temporomandibular joints (jaw joints) and / or the muscles that control the joints and balance the head on the spinal column. It is a collection of symptoms that occur when the jaw/joints and/or surrounding muscles do not work together properly. The problem also can

extend down the neck and back. Often times these problems can be the unknown cause for chronic headaches, face pain or unresolved neck pain. Physical therapy may be an excellent way to address these chronic disorders. Our specialized physical therapist will work closely with your dentist and / or physician to improve this painful condition.

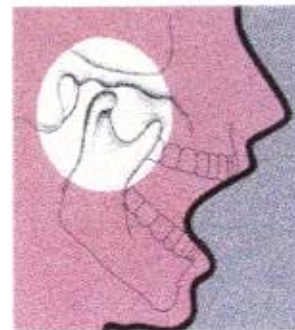
### Symptoms Outside the Jaw Joint

- Headaches
- Tooth pain (caused by Bruxism)
- Frequent neck pain
- Pain behind the eyes
- Earaches or ringing in ears



### Symptoms within the Jaw Joint

- Crepitus (grinding sound)
- Painful clicking or popping in the joint when opening or closing the mouth
- Locking
- Pain in and around the jaw joints
- Difficulty opening mouth fully



### Treatment for TMJ

1. Dental treatment / splint therapy, orthodontics and surgery
2. Medication to decrease swelling and muscle tension
3. Physical therapy
4. Stress Management
5. Self-care

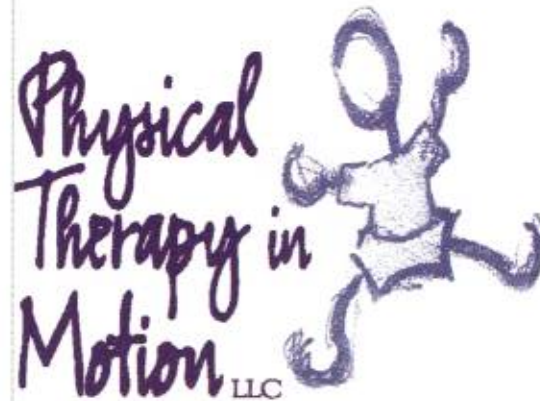
## *Treatment by Physical Therapy*

Physical therapy is a vital tool in the care and prevention of TMJ disorder. It is utilized to break the cycle of muscle spasms thereby relieving pain and providing improved jaw function. At Physical Therapy in Motion, our specialized staff work closely with dentists and physicians to provide comprehensive treatment for those suffering from head, face and neck pain. Treatments may include manual therapy, massage, modalities, positioning, and muscle re-education. Client education is also provided to promote good habits for preventative care.



*Adult & Pediatric Therapy Services*

*Phone: 406-651-9099*



*Adult & Pediatric Therapy Services*

50 27th St. West Suite A  
Billings, MT 59102  
Phone: 406-651-9099  
Fax: 406-651-4332

Call our office  
today to schedule.

# TMJ & TMD

Temporomandibular  
Disorders

*Physical Therapy  
in Motion, LLC*

## Orofacial Pain

