



# TMD

*(Temporomandibular dysfunction):*

Disorders relating to or caused by the temporomandibular joint (TMJ), muscles, or nerves of the facial and neck region

## DIFFERENT OPTIONS FOR TREATING THE TMJ:

- External/internal muscle massage
- TMJ and cervical joint mobilizations
- Dry needling
- Postural correction
- Education on sleep hygiene, jaw positioning, clenching
- Home exercises

## CONDITIONS WE TREAT:

- Jaw pain
- Jaw tightness/stiffness
- Popping/clicking in jaw
- Headaches caused by clenching/grinding
- Hyper-mobility
- Hypo-mobility

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