



Universal Health™



Temporal Mandibular Joint Syndrome

Temporal Mandibular Joint Syndrome or TMJ as it is more commonly called, is a condition of facial pain in the joints of the jaw caused by misalignment of the Jaw. TMJ can be a frustrating and sometimes debilitating problem. Since it is a problem of the jaw, it affects us in some of the most common activities of daily living such as eating and talking.

How Does It Work?

The Temporo-Mandibular Joint (TMJ), the joint where the mandible (the lower jaw) joins the temporal bone of the skull, immediately in front of the ear on each side of your head. A small disc of cartilage separates the bones, much like in the knee joint, so that the mandible may slide easily; each time you chew you move it. But you also move it every time you talk and each time you swallow. It is, therefore, one of the most frequently used of all joints of the body and one of the most complex. Pain associated with the TMJ is a result of displacement of the cartilage disc that causes pressure and stretching of the associated sensory nerves.

The Treatment

Your practitioner as you for a detailed history and give you a physical examination, including careful assessment of the teeth occlusion and function of your jaw joints and muscles. Your practitioner will then recommend a course of treatment which may include: improving the alignment of the upper and lower jaw, resting the muscles and joints by eating soft foods, avoiding clenching or tensing your jaw and not chewing gum.

Benefits

First, the severity and frequency of symptoms decline and finally symptoms disappear and then the movement of the jaw stabilises. You will notice you aren't bothered by constant nagging pain. Teeth

grinding will diminish, ringing in your ears will decrease. Some patients report that improvement begins when they no longer wake up with a migraine or headache.

Do You Suffer From?

Pain in the TM Joints associated with Jaw movements, Intermittent locking episodes, Limited range of vertical opening, Facial pain a sense of facial muscle fatigue, Noises in the TM Joints associated with Jaw movements (clicking, snapping, crunching, etc.), Grinding of teeth at night. Secondary symptoms associated with TMJ disorders include: Ear aches not associated with an infection, A sense of fullness in one or both ears, Frequent headaches, Ringing in the ears, Neck Shoulder pain, Vertigo, TMJ disorders affect about 20% of the population, and that 20% spans all age groups, babies, pre-teen, teens, young adults, the middle aged, and seniors.

Results You Can Expect

The treatment combination of the active relaxation and re-alignment of the jaw can bring almost immediate and dramatic relief. You may be amazed at the swift response. Most of the time, however, treatment progresses more slowly. You will typically typically begin feeling significant relief generally in the first couple of weeks. The trend is usually toward less severe symptoms or increasing amounts of time free of symptoms.

Integrative Medicine combines the best available in Health Care in order to obtain optimum results by maximizing the body's natural healing mechanisms.

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