



Mountain Land
PHYSICAL THERAPY

TMD & TMJ PHYSICAL THERAPY

ERIC THORESON, PT, DPT

TMD & TMJ PHYSICAL THERAPY

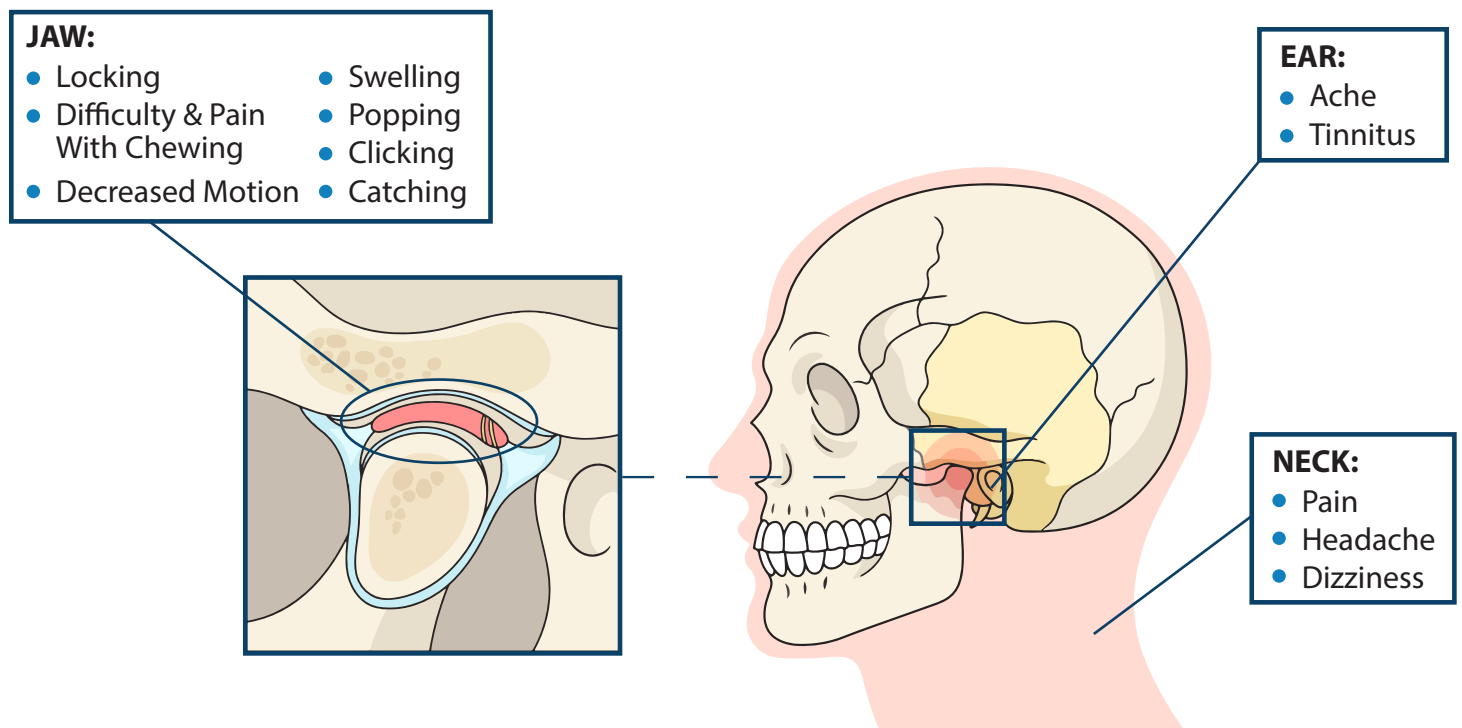
Temporomandibular joint dysfunction (TMD) involves the temporomandibular joint (TMJ), the cartilaginous discs between the joint, the muscles of the jaw, and/or even muscles that contribute to optimal postural control in the neck and upper back.

COMMON SYMPTOMS

- ✓ Painful and restricted jaw movement
- ✓ Difficulty chewing
- ✓ Issues with yawning
- ✓ Popping
- ✓ Clicking
- ✓ Locking of the jaw
- ✓ Ringing in the ears
- ✓ Headaches
- ✓ Neck pain

These impairments can be addressed through skilled treatment including myofascial release, joint mobilization, cervical stabilization in order to regain postural control training, reduce pain and regain function.

SYMPTOMS OF TEMPOROMANDIBULAR DISORDER (TMD)



TMJ THERAPIST



ERIC THORESON, PT, DPT

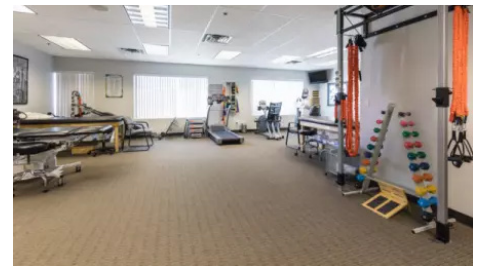
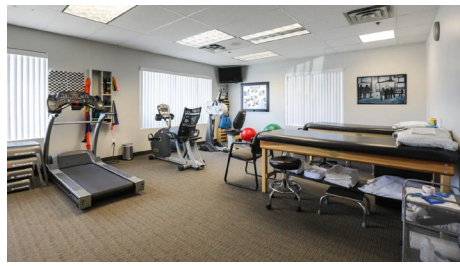
Physical Therapist

Eric graduated from Rocky Mountain University of Health Professions in December 2023 with his Doctorate of Physical Therapy. Eric is proficient in treating temporomandibular joint dysfunction (TMD) and enjoys working with runners, skiers, and endurance athletes to get them back to doing the things they love.

I trained under a physical therapist who specializes in TMJ/TMD. Under his training and through my own experience with these patients, I have seen nothing but success in improving jaw ROM, relieving jaw muscle tension, reducing jaw and related TMD neck pain, and regaining normal jaw function.

Eric is dedicated to fostering a healthy lifestyle through training and exercise for others. Rooted in a philosophy focused on swiftly and safely restoring patients to peak performance in their chosen recreational pursuits, Eric is driven to help individuals resume the activities they love.

MURRAY CLINIC

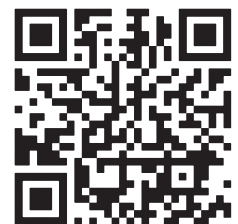


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MANUAL THERAPY TECHNIQUES FOR TMD

CERVICAL SPINE INTERVENTIONS

- ✓ Manual joint mobilization
- ✓ Cervical spine stretching
- ✓ Distraction
- ✓ Soft tissue mobilization techniques to cervical spine stabilizers and postural muscles



CERVICAL TRACTION



SOFT TISSUE MUSCLE RELEASE



POSTURAL CORRECTION

TMJ INTERVENTIONS

- ✓ Joint Mobilization
- ✓ Stretching
- ✓ Slow Jaw Movements



JOINT MOBILIZATION



MOUTH OPENING

MUSCLES OF MASTICATION

- ✓ Masseter or Temporalis Massage,
- ✓ Myofascial Release,
- ✓ IASTYM,
- ✓ Cupping Interventions



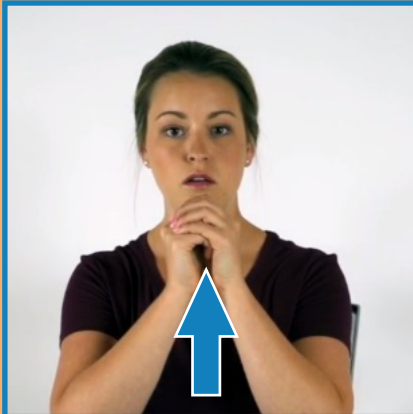
MYOFASCIAL RELEASE



MASSETER MASSAGE

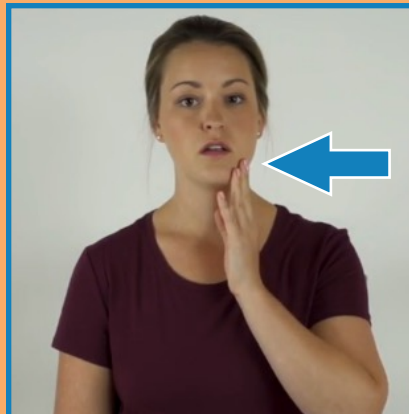
EXERCISES FOR TMD

TMJ ISOMETRICS



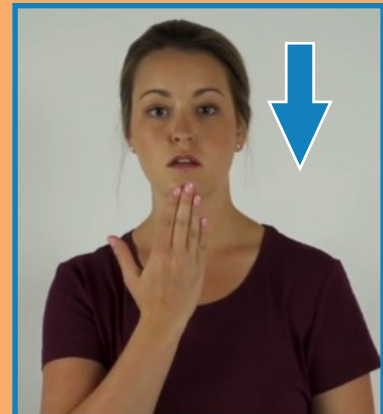
JAW OPENING

Apply an upward pressure in to the jaw while trying to open the jaw against the hand pressure.



LATERAL EXCURSION

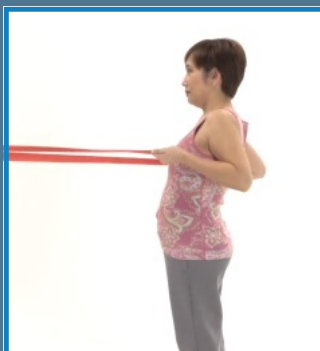
Apply an inward pressure toward the jaw while performing lateral **excursion** in to the hand.



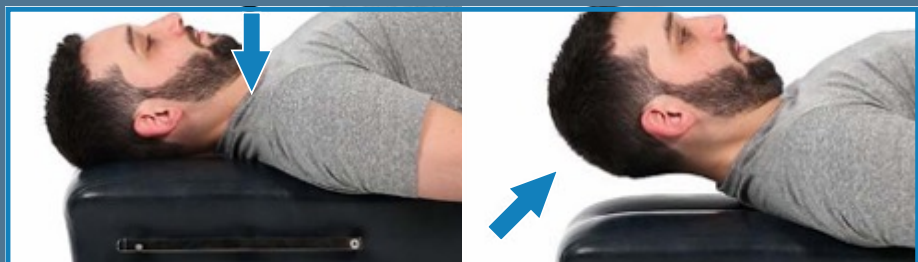
MANDIBULAR PROTRUSION

Apply an inward pressure toward the jaw while performing jaw **protrusion** in to the hand.

TMJ ISOMETRICS



ROWS



DEEP NECK FLEXOR STRENGTHENING

Begin by lying on your back, tuck your chin and flatten your spine to the mat, then lift your head off of the mat.

FREQUENTLY ASKED QUESTIONS

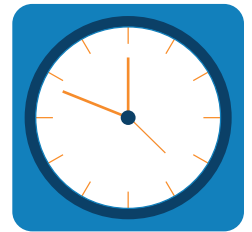
Q: What causes Temporal Mandibular Dysfunction?

A: Dysfunction in any of the following structures can be a cause of TMD; cartilaginous discs between the joint, the muscles of the jaw, and/or even muscles that contribute to optimal postural control in the neck and upper back. Other causes include, bone destruction such as degenerative joint disease, disc disorders within the actual Temporal Mandibular Joint, and joint pain called arthralgia.



Q: How long does treatment usually take?

A: Depending on the severity of symptoms, normal function can be restored and pain reduced within 6-10 weeks of consistent appointments at once or twice per week.



Q: What other treatments are available in combination with physical therapy?

A: Splinting with mouth guards can be provided by your dentist or oral surgeon for clenching and grinding at night. In severe cases with disc pathologies, surgery is indicated.



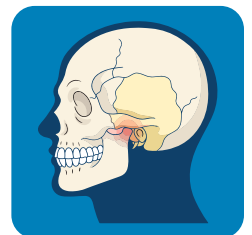
Q: How common is this issue?

A: TMD affects up to 12% of the population, women more than men in a 9:1 ratio, incident usually between ages of 20-40. Stress and anxiety can be a contributing factor.



Q: Can PT help my jaw clicking?

A: PT can sometimes help with jaw clicking if this is occurring due to improper joint movement with opening and closing. Over time the boney alignment will slowly smooth the joint and reduce the clicking.

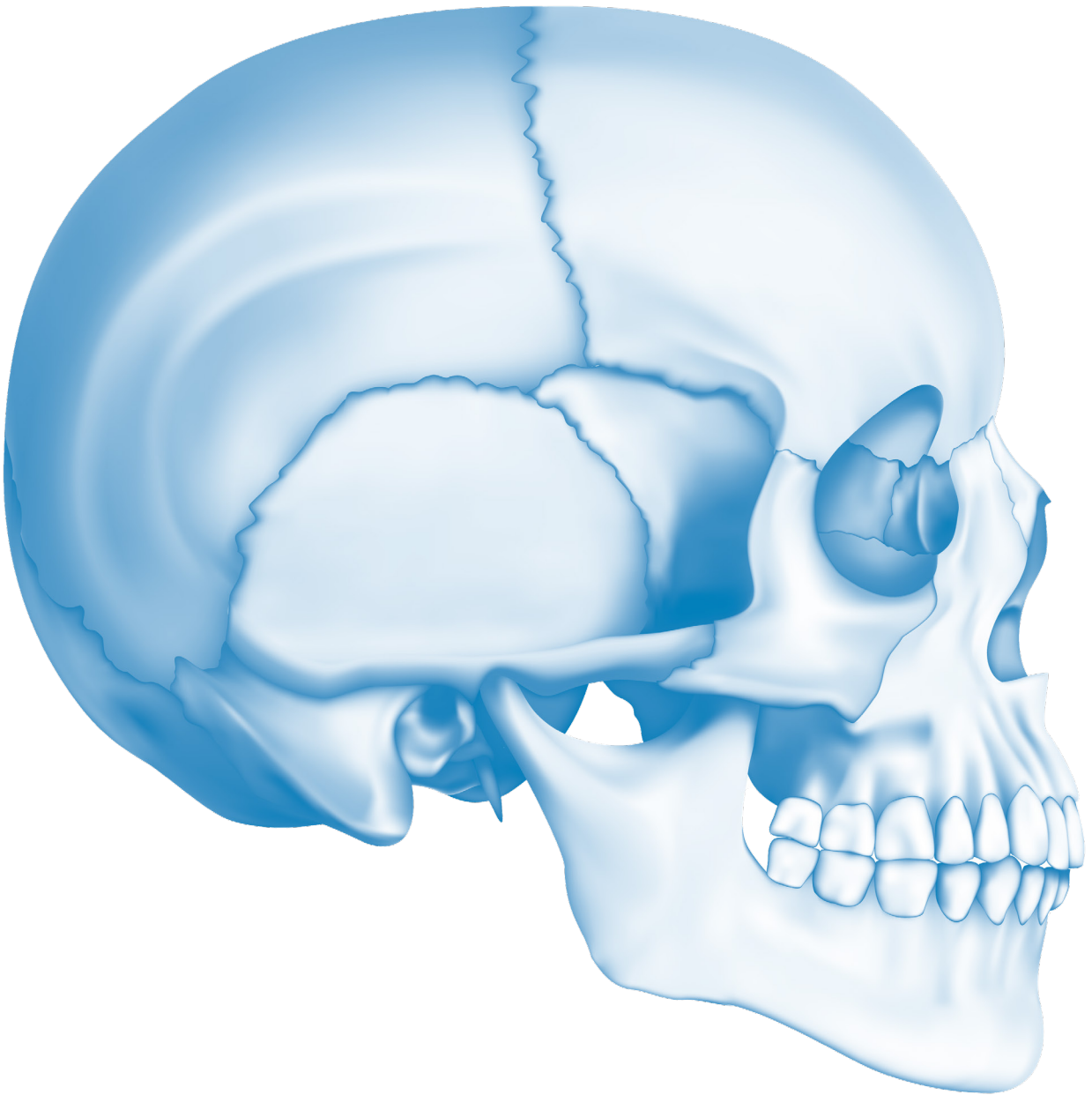


FUNCTIONAL ASSESSMENT

Instructions:

For each item below, please indicate the level of limitation during the last month. Answers: Never, Sometimes or Often. If you answer "Sometimes" or "Often" to any of the below listed activities you may benefit from TMJ physical therapy.

	N	S	O
Chewing Tough Food	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Chewing Hard Food Like Bread	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Opening Your Jaw Wide Enough To Bite From A Whole Apple Or Sandwich	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Opening Your Mouth Wide Enough To Talk	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Swallowing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Experiencing High Stress	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
You Experience Headaches In The Temporal Region	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ringling In Your Ear	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



SCAN OR VISIT TO LEARN MORE



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