

*Boulet Physical Therapy  
& Wellness Institute*

Relieving your pain • Restoring your movement

# NEWSLETTER

Your Resource for Health, Wellness, and Caring for Your Body

# *ARE YOU LIVING WITH JAW PAIN?*

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[BOULETPTANDWELLNESS.COM](http://BOULETPTANDWELLNESS.COM)

Call Us Today!  
**(337) 264-9856**

# NEWSLETTER

Your Resource for Health, Wellness,  
and Caring for Your Body

## Are You Living With Jaw Pain?

### **TMJ COULD BE THE CULPRIT**

Do you suffer from headaches, grinding of your teeth, clicking of your jaw or even ear pain? You're not alone! These can all be signs of a condition known as Temporomandibular Joint Disorder (TMJ). This is a disorder of the jaw muscles and nerves caused by injury to the TMJ (the temporomandibular joint), which is the joint between your jaw and skull. A physical therapist can take a look at your symptoms and help to diagnose you if this is what has been causing your discomfort!

If you're living with this condition, don't fret! The skilled physical therapists at Boulet Physical Therapy & Wellness Institute are here to help you find true pain relief once and for all. Call our clinic today and cut the cord tying you to your pain!

#### **Common causes of TMJ disorder**

According to ChoosePT, TMJ disorder is so common that it currently affects more than 10 million people in the United States. That's a lot! There are several reasons you may be experiencing symptoms of temporomandibular joint disorder. Multiple factors contribute to the muscle tightness and dysfunction that characterize this condition. Most often, poor posture and neck alignment change the

pull of the muscles that make your jaw move. This causes painful grinding and irritation of the temporomandibular joint.

#### **Other causes may include:**

- Poor alignment of or trauma to the teeth or jaw (malocclusion)
- Clenching of the jaw (bruxism)
- Lockjaw (trismus)
- Teeth grinding
- Poor posture
- Stress
- Arthritis or other inflammatory musculoskeletal disorders
- Excessive gum chewing

When you see a physical therapist for pain relief for TMJ disorder, they may ask you questions about your daily life including stressors and chronic conditions that could be causing your pain.



**Call Us To Schedule Your Appointment 337.264.9856**

# Symptoms of TMJ

There are several ways to know if you may be dealing with TMJ, although the best way to find out for sure is to visit with a Boulet Physical Therapy & Wellness Institute physical therapist! When a person has TMJ, the injured joint leads to pain with chewing, clicking, and popping of the jaw; swelling on the sides of the face; nerve inflammation; headaches; tooth grinding; and sometimes dislocation of the temporomandibular joint.

The bad news is that this condition can make everyday things such as talking and eating pretty uncomfortable. The good news is that a lot can be done to help TMJ disorder, first starting with a thorough evaluation of your problem with our expert physical therapists!

## How can a physical therapist help with TMJ?

Dentists and orthodontists aren't the only ones who can treat TMJ disorder. Physical therapists can as well. At your first appointment with Boulet Physical Therapy & Wellness Institute, a thorough examination of your neck, shoulders, and thoracic spine will be performed to determine whether those structures are causing your symptoms.

Once the root cause of your problem has been discovered, a comprehensive plan can be developed to quickly relieve your pain and restore natural movement to your

temporomandibular joint. Furthermore, our physical therapists will teach you techniques for regaining normal jaw movement for long-lasting results.

The focus of physical therapy for TMJ is relaxation, stretching, and releasing tight muscles and scar tissue. In most cases, physical therapy can resolve TMJ and prevent the need for surgery. However, in cases where surgery is absolutely necessary, physical therapy is a vital part of the recovery process, as it helps minimize scar tissue formation, muscle tightness, and allows for a complete recovery. Your recovery plan may involve a range of procedures and modalities, such as jaw exercises, soft tissue massage, joint mobilization, myofascial methods, electrical stimulation, and ultrasound. Your PT will also work with you on improving your posture as well since this can contribute to TMJ-related pain.

## Give us a call today

If you're living with jaw pain and discomfort, it's worth calling Boulet Physical Therapy & Wellness Institute to set up an appointment to have your condition assessed. On the chance that TMJ disorder is the culprit, our physical therapists will do everything in their power to give you the pain relief you deserve, and help you to experience less discomfort when you're talking, chewing, yawning, etc.

**What are you waiting for? Relief is a call away, so reach out today to set up an appointment!**



Give Us A Call: (337) 264-9856

WHAT OUR  
PATIENTS  
ARE SAYING

"When I came to this clinic I could barely walk with the aid of a walker. My knee surgery was difficult. With the help of the staff at Boulet's Clinic, I quickly began to improve. I was encouraged by the staff, given good advice, and I am thankful for the results of my therapy. **From the front desk to the physical therapists and staff I was treated with respect and compassion.** I especially want to thank Shelby Labbe, DPT for her care and advice. I leave with good memories." - DARRYL B.

COME BACK TO PHYSICAL THERAPY. CALL (337) 264-9856 TODAY!



## CHOCOLATE CHIP PUMPKIN BREAD

- 1 1/4 cup blanched almond flour
- 1/4 cup tapioca or arrowroot flour
- 2 tbsp coconut flour
- 1 tsp baking soda
- 3/4 tsp unrefined salt
- 1 1/2 tsp cinnamon powder
- 1/2 tsp ginger powder
- 1/4 tsp nutmeg powder
- 3 eggs
- 1/4 cup coconut oil
- 1 cup pumpkin puree (fresh or canned)
- 1 tsp vanilla extract
- 1/3 cup coconut sugar
- 1/2 cup chocolate chips

Preheat oven to 350° F. Grease a 9 inch loaf pan or line with parchment paper. In a large bowl, combine dry ingredients. In another bowl, whisk together wet ingredients. Pour wet into dry. Mix until well incorporated. Fold in chocolate chips and pour into prepared loaf pan. Scatter extra chips on top. Bake for 50-55 minutes, until top is golden, the center is set, and a toothpick inserted in the center comes out clean. Allow bread to cool in pan for about 15 minutes before turning out on a wire rack to cool completely before slicing and serving.

*Courtesy: [savorylotus.com/pumpkin-chocolate-chip-bread-gluten-free](http://savorylotus.com/pumpkin-chocolate-chip-bread-gluten-free)*

## OUR SERVICES

- Cupping
- Dry Needling
- Electrical Stimulation
- Ergonomic Training
- IASTM
- Joint Mobilization
- Kinesio Taping
- Laser Therapy
- Manual Therapy
- Muscle Energy Techniques
- Myofascial Release
- Postural Re-Education/ Training
- Therapeutic Exercise
- Ultrasound
- Vestibular Therapy

## Being Grateful Is Good For You!

**Gratitude & health:** Feeling thankful can improve your health in both direct and indirect ways.

Some research shows that the experience of gratitude can induce a sense of relaxation, improve the immune system, and decrease blood pressure. But grateful people also tend to cultivate better health habits, like eating more nutritious food, exercising, and avoiding risky behaviors. In addition, the optimism that stems from gratitude can create a healing attitude: research shows that people with optimistic attitudes have better outcomes after medical procedures.

**Gratitude & joy:** Robert Emmons, an internationally renowned scientific expert on gratitude, has found that acknowledging the good in life has a tendency to amplify positive emotions, such as joy and contentment, because it helps us slow down. "I think gratitude allows us to participate more in life," he says. "We notice the positives more, and that magnifies the pleasures you get from life." Consider the last time you had a good cup of coffee—did you pay attention to the warmth of the cup on your hands, or the feeling of pleasure as you took the first sip? It's easy to ignore these small moments of positivity in our day as we rush from one activity to another, but stopping to appreciate them makes them more powerful.

## WE NEED YOUR HELP!



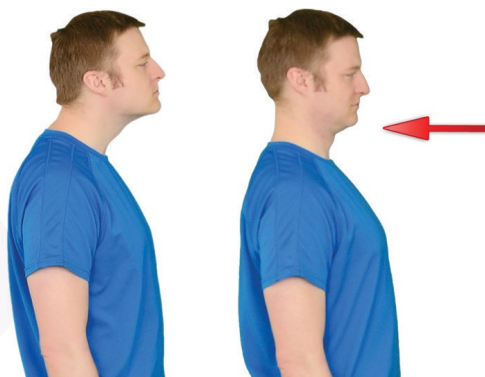
Would you take a moment to share your Boulet PT experience on our Google Review page? **We make it easy:** just scan this QR code with your smartphone's camera. Your success story could help improve the lives of others in our community by leading them to PT!

## AT-HOME EXERCISE

### HELPS IMPROVE POSTURE

*Always consult your physical therapist or physician before starting exercises you are unsure of.*

Exercises copyright of  
 SimpleSet Pro



**RETRACTION / CHIN TUCK:** Slowly draw your head back so that your ears line up with your shoulders.



## CALL BOULET TODAY

**(337) 264-9856**

