

Natural Pain Relief For TMJ Pain

GET RELIEF FOR JAW, FACE, AND EAR PAIN

Do you suffer from jaw pain, headaches, painful chewing, or clicking and popping in your jaw? These could all be signs and symptoms of temporomandibular joint dysfunction (TMJ).



The temporomandibular joint is essentially where your jaw meets your skull. It is one of the most complex joints in the body and can be affected by neck and head position, eating or chewing certain foods, habitual postures or positions, and direct trauma. It is also often associated with stress and poor sleep habits. Grinding the teeth or clenching the jaw during sleep are also common causes of TMJ and your dentist might be the first person to make you aware that you have this syndrome based on the wear pattern on your teeth.

Other symptoms of TMJ dysfunction may include neck pain, ear ache or pressure, aching or tingling around the ear, face, or jaw, or even pain in the teeth. At Boulet Physical Therapy, we will teach effective exercises to help with over active and tight muscles that will immediately unload the pressure from your TMJ which will lead to pain relief. We will equip you with techniques on how to relax and strengthen weak facial muscles, restore balance and improve mobility so you can get back to doing what you love. The goal is to make you better as quickly as possible. Our physical therapists will create a specific plan tailored to your particular case and timeline. Your participation is necessary for a good outcome.

Clinical research shows that by following your specific treatment plan, you will get better faster, which translates to fewer visits, less costs and more time to do what you love. At Boulet Physical Therapy, we help you reach your goal.

SYMPTOMS OF TMJ

- Pain or soreness in face, jaw, neck or around the ear
- Clicking or popping of jaw when moving mouth
- Locking of jaw
- Pain with chewing food, talking, or general movement
- Abnormal sensations and numbness of the jaw
- Headaches
- Limited jaw motion
- Uncomfortable "off" bite
- Deviation of jaw to one side

PHYSICAL THERAPY CAN HELP TO:

- Relieve headache, jaw and neck pain
- Decrease inflammation
- Restore normal joint/muscular movements
- Correct posture
- Increase range of motion



WHAT IS DRY NEEDLING?

Dry needling is a safe and effective method of treatment that works to reduce pain and muscle tension, while simultaneously improving mobility. It has been proven to treat numerous musculoskeletal issues, including acute and chronic injuries, overuse injuries, neck pain, headaches, muscle spasms, muscle strains and more. If you are dealing with one of these conditions and you're looking for relief, or if you'd like to gain more information on how dry needling could benefit you, contact Boulet PT today!

What Causes TMJ Syndrome?

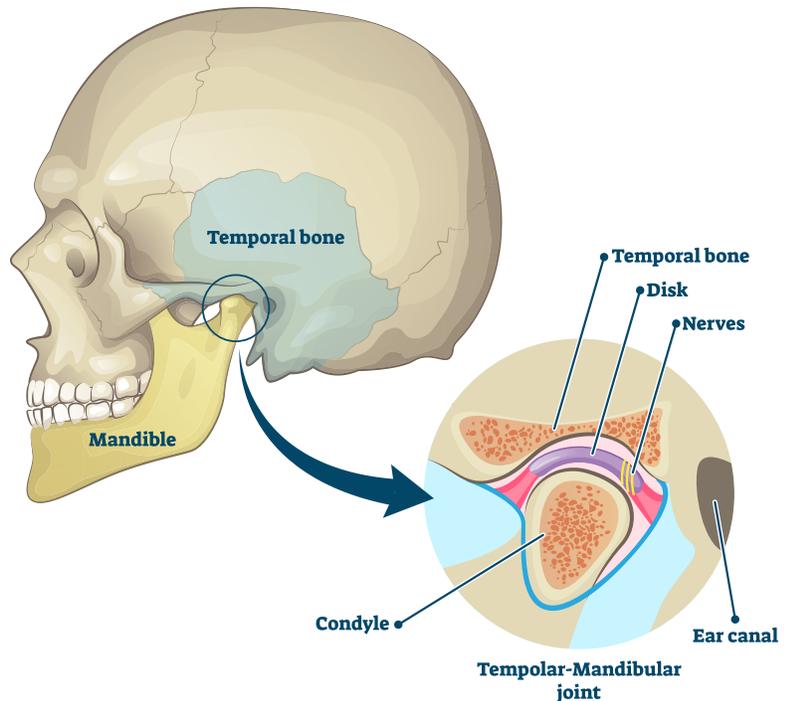
COME BACK TO PHYSICAL THERAPY. CALL 337.223.4622 TODAY!

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 TMJ.

OTHER CAUSES MAY INCLUDE:

- Poor alignment of or trauma to the teeth or jaw
- Teeth grinding
- Poor posture
- Arthritis or other inflammatory musculoskeletal disorders
- Excessive gum chewing
- Stress

A lot can be done to help TMJ, first starting with a thorough evaluation of your problem with our expert physical therapists. 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 TMJ. 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, gentle movement and releasing tight muscles. In most cases, physical therapy can significantly reduce pain and improve motion of the joint, reducing the need for surgery.



The Most Effective Treatment for TMJ

- **DRY NEEDLING:** Dry needling is a safe procedure for relieving pain and muscle tension while also improving mobility. This treatment method has been shown to help with a variety of musculoskeletal disorders, including acute and chronic injuries, overuse, neck pain, headaches, back pain, sciatica, muscle spasms, muscle strains, tendinitis, knee pain, hip pain, fibromyalgia, tennis elbow, golfer's elbow, and others.
- **HANDS ON MOBILIZATIONS:** Joints and muscle in the neck are usually tight when there is pain at the TMJ. Physical therapists are trained in specific techniques to loosen the neck and the TMJ. This improves opening and closing of the jaw with chewing food and talking. This often helps alleviate headaches as well.
- **POSTURAL RE-EDUCATION EXERCISES:** Postural re-education as a form of physical therapy treatment is meant to address, diagnose, and treat the primary contributions of postural kinematic movement dysfunction. Essentially, these treatments get to the root of the problem and aim to correct the dysfunction, rather than simply masking the symptoms.



COME BACK TO PHYSICAL THERAPY. CALL 337.223.4622 TODAY!

ARE YOU KEEPING UP WITH YOUR APPOINTMENTS?

By ensuring you are staying on track with your physical therapy appointments with our clinic you will stay on the road of better health and wellness.

Consistency is incredibly important in order to achieve the results you want. Contact us today with any questions or to schedule your next appointment by calling or going online today!

BOULETPTANDWELLNESS.COM

SPREAD THE LOVE!

Would you take a moment to share your Boulet PT experience on our Google Review page? We make it easy: click the button below to leave your review for Boulet Physical Therapy & Wellness Institute today!

LEAVE YOUR REVIEW

CALL
BOULET
TODAY



337.223.4622

How Laser Therapy Can Help You Recover

If you are looking for a non-invasive, safe, and effective way to relieve your pain and recover from a condition, laser therapy may be an ideal choice for you. When conducting a laser treatment, photons will be released into the tissues surrounding the affected area to facilitate healing. These photons help in relieving pain, energizing cells, and increasing circulation to the injured area. If you have been searching for relief and recovery options, contact our physical therapy office today.

UNDERSTANDING LASER THERAPY BEFORE YOU BEGIN:

We receive many questions about laser therapy treatments from first-time patients – “Does laser therapy hurt?” “Is laser therapy safe?”

It is normal to be a bit apprehensive about a new course of treatment, especially if it is something that you don't know a lot about. We are here to put your mind at ease by letting you know that laser therapy does NOT hurt and it IS completely safe!

Here are some helpful facts about laser treatment:

- Medical lasers are approved by the FDA and they adhere to strict ISO standards.
- Laser treatments are administered directly to the skin, in order to avoid contact with eyes.
- There are a large variety of conditions that laser therapy can treat, including neck pain, shoulder pain, back pain and sciatica, arthritis, bursitis, disc injuries, TMJ, sports injuries, plantar fasciitis, carpal tunnel syndrome, migraines, soft tissue damage, and MORE.
- Laser therapy has even earned a reputation as being one of the safest, non-invasive treatment options on the market!

Despite some misinformed skepticisms, laser treatments are entirely pain-free. In fact, many patients experience little to no sensation at all when receiving laser therapy treatments, depending on the type of laser that is being administered. Some patients report feeling a warm sensation from the laser, which is commonly described as soothing and pleasant or like the sunshine kissing their skin. Laser treatments generally last between 2-10 minutes and the majority of patients start noticing results after only a few short sessions!

We are offering **BOGO (second one 50% off) on our laser packages. Aches & pains are inevitable but our laser can help them go away! Call **337.223.4622** today to take advantage of this special offer!**

This promotion ends March 21st, 2023

BOULETPTANDWELLNESS.COM