What is TMJ Dysfunction?
TMJ disorders cause tenderness and pain in the temporomandibular joint (TMJ) — the joint on each side of the head in front of the ears, where the lower jawbone meets the skull. This joint allows you to talk, chew and yawn. TMJ disorders can be caused by many different types of problems including arthritis, jaw injury, or muscle fatigue from clenching or grinding your teeth.

In most cases, the pain and discomfort associated with TMJ disorders can be alleviated with self-managed care or nonsurgical treatments. Severe TMJ disorders may need to be treated with dental or surgical interventions.

Physical Therapy can help:
Physical Therapy may be a form of conservative treatment in order to improve pain level and tolerance for daily activities like chewing and talking. Centra Rehabilitation provides a comprehensive treatment approach for symptoms associated with TMJ Dysfunction including:

- Modalities for pain relief and inflammation including ultrasound, electrical stimulation, moist heat and cold treatment
- Manual techniques both internally and externally for pain relief, decreased inflammation, decreased muscular restriction/tightness and to improve joint tracking and mobility
- Therapeutic exercise for strengthening surrounding muscles and stabilizing the joint in order to maintain correct jaw positioning
- Neuromuscular reeducation for normalized joint tracking
- Postural correction including core, upper back, neck and head position in order to allow for proper alignment of the TMJ

Signs and Symptoms:
- Pain or tenderness of your jaw
- Aching pain in and around your ear
- Aching facial pain
- Headache
- Toothache
- Persistent grinding of teeth
- Difficulty/discomfort chewing
- Locking of the joint
- Difficulty opening/closing mouth
- Difficulty turning your head
- Uncomfortable bite

TMJ Disorders Can Occur If:
- The joint moves out of proper alignment or erodes
- The joint’s cartilage is damaged by arthritis
- The joint is damaged by impact or a blow
- The muscles that stabilize the joint become fatigued from overwork — this can be caused by clenching or grinding of teeth
Nine convenient locations to serve you:

LYNCHBURG LOCATIONS:
- Jamerson Family YMCA
  434.237.8160
- Neuroscience Center
  434.200.2900
- Centra Virginia Baptist Hospital
  434.200.4668
- Seven Hills Urology Center
  434.200.5297
- Nationwide Drive
  Coming in 2015

ADDITIONAL LOCATIONS:
- Bedford
  540.587.3246
- Gretna
  434.656.1274
- Danville
  434.797.1384
- Farmville
  434.315.2920
- Keysville
  434.736.8802

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