

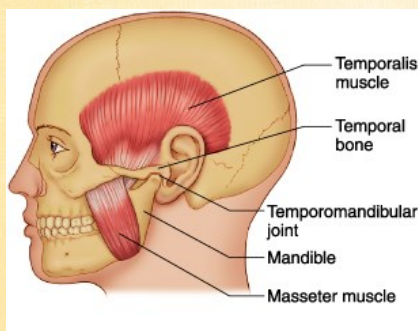
Brostrom Physical Therapy

Temporomandibular Joint Disorder (TMJD)

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Temporomandibular Joint

The temporomandibular joint (TMJ) is an articulation of the temporal bone (skull), the condyle of the mandible (jaw), a disc in between and several muscles, nerves and ligaments surrounding. TMJ disorder includes a variety of conditions causing pain and dysfunction in the TMJ. About 33% of the population will experience TMJ disorder in their lifetime. The TMJ is the most active joint in our body as it opens and closes approximately 2,000 times per day with chewing, talking, yawning, swallowing, etc. Temporomandibular joint disorder occurs when there is malalignment, overuse, or injury in the jaw, cervical spine or teeth. Causes of TMJ disorder include poor posture, stress, teeth grinding, teeth malalignment, trauma and arthritis.



Picture 1: Anatomy of the temporomandibular joint

Symptoms of TMJ Disorder

- Jaw pain (most common) and/or locking
- Difficulty with mouth opening for talking, chewing, yawning
- Clicking or popping in the jaw
- Ringing in the ear or fullness in the ear
- Neck and/or face pain
- Dizziness
- Headache

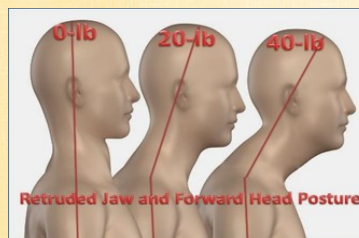
TMJ Disorder and Physical Therapy

Physical therapy is a common conservative treatment for TMJ disorder. It can help balance muscle systems, improve jaw movement, and reduce jaw pain. A physical therapist performs an evaluation of your posture, range of motion, strength, joint mobility, and functional limitations to develop a treatment plan for your specific needs. Physical therapy treatment may include soft tissue mobilizations, stretching, neck and jaw mobilization, strengthening exercises, postural re-education and modalities. In conjunction with these treatments, stress contributing to the condition can be helped with relaxation or stress management techniques. Postural dysfunction can be addressed with increasing postural awareness, patient education, body mechanics instruction and ergonomics.

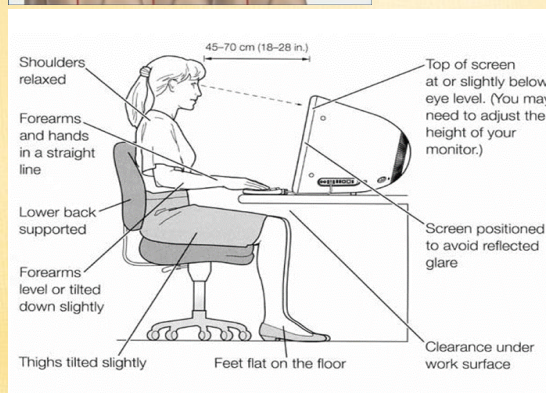
How to Prevent TMJ Disorder

Keeping good posture is the most important factor in preventing TMJ disorders. Sitting or standing with a rounded spine, protruded jaw and forward head increases stress on the TMJ. Picture 2 below depicts the increasing load on the jaw with forward head posture. Setting up your work space properly to avoid abnormal stress on the spine and jaw is also important (see picture 3 below). Other ways to prevent TMJ disorder include:

- Avoid chewing gum, hard or chewy foods
- Avoid smoking
- Avoid lying on your stomach for long periods of time
- Take frequent breaks from prolonged postures or positions
- Maintain good oral health and discuss teeth grinding with your dentist



Picture 2: Increasing load on TMJ with forward head posture



Picture 3: Work space set-up

References:

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Quote of the Month:

"Watch your thoughts; they become words. Watch your words; they become actions. Watch your actions; they become habits. Watch your habits; they become character. Watch your character; it becomes your destiny."

- Frank Outlaw



With credit to: http://www.eatingwell.com/recipes/broccoli_ham_quiche.html



October is National Physical Therapy Month! Brostrom Physical Therapy would like to use this opportunity to thank you for your outstanding support... We appreciate you!

Recipe of the Month: Broccoli, Ham & Cheese Quiche

Makes about 6 servings

Ingredients:

1. 16 ounces precooked shredded potatoes or frozen hash browns (thawed)
2. 1 3/4 cups liquid egg substitute, divided.
3. 2 tablespoons all-purpose flour
4. 1 tablespoon canola oil or extra-virgin olive oil
5. 1/4 teaspoon salt
6. 2 cups finely chopped broccoli florets
7. 1 cup shredded extra-sharp Cheddar cheese
8. 3/4 cup finely diced smoked ham
9. 3/4 cup reduced-fat sour cream
10. 1/4 cup minced fresh chives
11. 1/8 teaspoon freshly ground pepper

Directions:

1. Combine shredded potatoes or hash browns with 1/4 cup egg substitute, flour, oil, and salt in a medium bowl. Pat the mixture into bottom and 2 inches up the side of 9-inch spring-form pan (coated with cooking spray).
2. Bake at 375 degrees until the potatoes are beginning to brown, about 35-40 minutes.
3. Fill crust with broccoli, cheese, and ham. Whisk remaining 1 1/2 cups egg substitute, sour cream, chives, and pepper into a medium bowl. Place on baking sheet rimmed with foil. Pour egg mixture over filling.
4. Bake the quiche until center is just set, about 50 minutes to 1 hour. Let cool for 15 minutes. Run a knife around the edges to loosen sides. Remove pan sides and cut quiche into wedges.



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