



ADVANCED PHYSICAL THERAPY & HEALTH SERVICES, LLC

is a private, physical therapist-owned
outpatient physical therapy clinic specializing
in neurologic, orthopedic,
and vestibular conditions.

All patients are evaluated by a licensed
physical therapist.

We guarantee to see you for an Initial
evaluation in 24-48 hours.

We have early morning and late evening
hours for convenient scheduling.

We accept and are in-network with most
insurance companies, including PPO's,
HMO's, Medicare, Tricare,
and Workers' Compensation.

Conditions we evaluate and treat include,
but are not limited to:

- Neck & back injuries/pain
- Arthritis
- Vertigo
- Sprains/Strains
- Parkinson's Disease
- Fractures
- Multiple Sclerosis
- Tendonitis
- Gait & balance disorders
- Bursitis
- Peripheral neuropathy
- Stroke
- Sports injuries
- Carpal Tunnel Syndrome
- Work-related injuries
- TMJ disorder/pain
- Nerve injuries / disorders
- Joint replacements
- Cervicogenic headaches
- Orthopedic surgeries



ADVANCED PHYSICAL THERAPY & HEALTH SERVICES, LLC

This brochure is compliments of:

Advanced Physical Therapy and Health Services

444 N. Northwest Hwy., Suite 202
Park Ridge, IL 60068
Phone: 847-268-0280
Fax: 847-268-0283
www.apths.com

What is TMJ Disorder?



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TMJ Disorder

What is TMJ disorder?

The Temporomandibular Joint (TMJ) is the hinge between the jaw and the rest of the skull. It is located just in front of the ear, and its movement can be felt when the mouth opens and closes. This joint is heavily involved in chewing, swallowing, and talking and because of the constant movement at this joint, it often can become irritated, painful, and/or displaced.

TMJ disorders arise from problems associated with the muscles of the jaw or with the parts of the joint itself. Most common causes of TMJ disorder are trauma/injury to the joint and face, habits (grinding the teeth), stress, arthritis, malalignment of the teeth, muscle overuse, and poor posture.

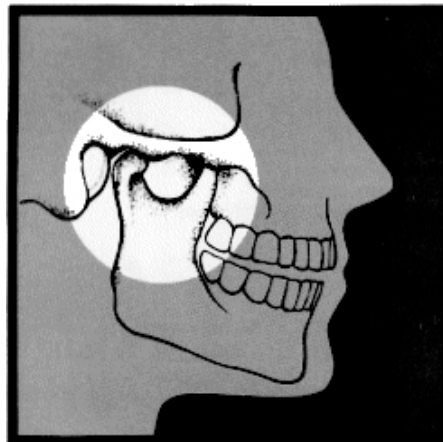
How is it diagnosed?

A dentist will perform a detailed exam to determine the exact cause of the problem and rule out other problems that can manifest with similar symptoms. They may also use X-rays or other imaging studies to help determine the diagnosis.

A very small percentage of individuals with TMJ disorder undergo surgery. Almost all patients respond to conservative treatments such as splints, physical therapy, diet modification, and medications.

Some signs and symptoms of TMJ disorder are:

- Pain around the mouth and/or jaw
- Popping or clicking of the jaw
- Inability to open the mouth fully or without pain
- “Locking” of the jaw in open or closed position
- Swelling of the sides of the face
- Ear pain or ringing in the ears
- Neck pain
- Dizziness
- Headaches



Relief Tips:

- Avoid hard foods or food that requires excessive chewing; choose softer foods to let the jaw rest /heal
- Avoid excessive jaw movements such as yawning or opening the mouth wide (when yelling or singing)
- Try to keep your teeth slightly apart when the mouth is closed (this is the jaw’s natural resting position)
- Use ice /moist heat/gentle stretching exercises to relax the muscles around the jaw
- Don’t sleep on your stomach
- Don’t rest your chin on your hand

How can physical therapy help?

A physical therapist will do a thorough evaluation to determine the best course of treatment and will be able to help set attainable goals using numerous non-surgical therapies for the pain and joint issues.

These therapies may include :

- Ultrasound
- Electrical Stimulation
- Massage
- Stretching/Strengthening of jaw musculature
- Stretching/Strengthening to address postural impairments
- Relaxation Techniques