

TMJ REHABILITATION at Kanata Orthopaedic Physiotherapy Clinic

*We work with your dentist or specialist
to coordinate treatment*

*We provide you with an individualized physiotherapy
treatment program*

*We give you an exercise program that will improve the
quality of your life*

What can you expect?

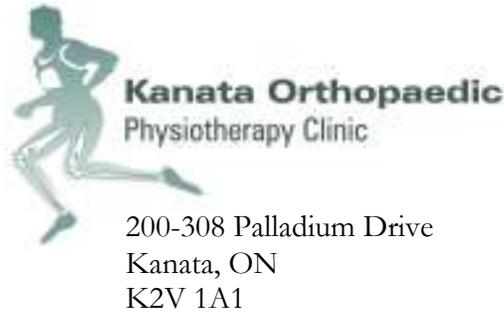
Following your initial assessment with your physiotherapist, you will be given an individualized exercise program.

You will continue to see your physiotherapist who will monitor your progress and enhance your program.

Tips for Protecting Your Jaw

- ♦ Rest your muscles and joints by eating soft foods
- ♦ Do not chew gum
- ♦ Avoid clenching or tensing
- ♦ Relax your muscles with moist heat or ice
- ♦ Always follow your dentist's or specialist's advice and use your oral appliance as prescribed

*For specific questions about our rates, you
may contact the clinic by calling 613-599-8132
or by e-mail at KOPC@magma.ca*



How to find us:

- ♦ Take the 417 to the Terry Fox exit
- ♦ Follow Terry Fox South
- ♦ Turn right onto Palladium Drive
- ♦ We are the second building on your right

Contact us:

Phone: 613-599-8132
Fax: 613-599-6139
E-mail: KOPC@magma.ca

www.KanataPhysiotherapy.com

An Accredited Member of



TEMPOROMANDIBULAR JOINT (TMJ) REHABILITATION

Do you experience...

Jaw pain or clicking?

Ear pain?

Tight jaw muscles?

Headaches?

*Physiotherapy
for your*

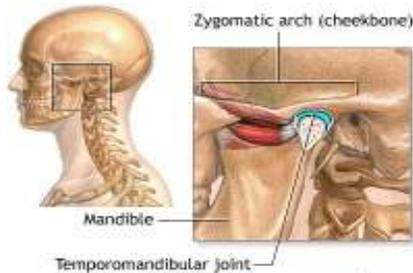
*Temporomandibular Joint
(TMJ)*

Can Help

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www.KanataPhysiotherapy.com
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What is the Temporomandibular Joint (TMJ)?

The TMJ is located directly in front of your ear, below your temple, and is a part of the body that we use many times during the day when we talk, yawn, chew food, etc. (See diagram below). Usually, you are only aware of it when it becomes painful.



What causes TMJ Dysfunction?

The pain and tenderness of TMJ dysfunction can be caused by the disc in the joint moving out of place and causing pressure on sensitive structures around the joint. Other causes include:

- ◆ Clenching and grinding of teeth, both during the day and at night
- ◆ Poor posture, leading to strains in the muscles of the face and neck
- ◆ Inability to relax
- ◆ Poor diet
- ◆ Lack of sleep
- ◆ Arthritis
- ◆ Fractures
- ◆ Dislocations and structural problems present since birth

Symptoms of TMJ Dysfunction

The pain of TMJ dysfunction may be sharp and searing, or dull and constant. It can be extremely debilitating.

Symptoms may include:

- ◆ Ear pain
- ◆ Facial pain
- ◆ Sore/tight/tender jaw muscles
- ◆ Temple/cheek/tooth pain while swallowing, yawning, talking or chewing
- ◆ Jaw popping/clicking/locking upon opening or closing, or while chewing
- ◆ Reduced ability to fully open or close the mouth
- ◆ Frequent headaches or neck aches with muscle spasms
- ◆ Ringing in the ears

Are there Treatment Options?

Fortunately, your physiotherapist can help by teaching you relaxation, stretching, and strengthening exercises. These exercises can also help augment the effect of the appliance or mouth guard your dentist may have already provided you.

Your program may include one or more of the following:

- ◆ Home stretching and strengthening exercises for the jaw and neck
- ◆ Postural correction and relaxation exercises
- ◆ Manual stretches and mobilizations of the jaw and neck
- ◆ Ultrasound and electrical stimulation to help improve healing

Initial Assessment

You will work directly with a certified physiotherapist who will assess:

- ◆ Your unique jaw and neck movement disorder
- ◆ Muscle imbalances and tightness

Your physiotherapist will always be in contact with your dentist and/or specialist to coordinate your treatment with their recommendations.

To book an appointment

Simply call us at 613-599-8132 to book a convenient time for your initial visit.

Is a referral required?

A referral is not needed to be seen at this clinic. However, if you do have a referral from your dentist, it can be brought in for your first appointment. It may also be faxed directly from your dentist's office to 613-599-6139.

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