

Rehabilitation Services Department Physical Therapy

Temporomandibular Joint (TMJ) Dysfunction Rehabilitation

An estimated 10 million Americans are diagnosed with Temporal Joint Dysfunction. This condition affects the TMJ (Temporomandibular Joint), the joint that connects the jaw with the temporal bones of the skull and allows for proper movement when talking and chewing food. Dysfunction of this joint can be caused by trauma, whiplash, grinding/clenching of the teeth due to stress, and arthritis.

LOCATIONS:

Center for Outpatient
Rehabilitation – Hopewell
Two Capital Way, Suite 418
Pennington, NJ 08534

To make an appointment,
call: 609.303.4700

Center for Outpatient
Rehabilitation – Trenton
832 Brunswick Ave., Trenton, NJ 08638

To make an appointment,
call: 609.278.5482

DO YOU NOTICE ANY OF THE FOLLOWING SYMPTOMS?

- Jaw pain or fatigue
- Difficulty opening your mouth to eat or talk, a sense of “jaw locking”
- Sounds of “popping” in your jaw
- Ringing or the feeling of fullness in the ears
- Dizziness
- Headaches
- Neck Pain

THERAPY MAY HELP YOU TO:

- Decrease pain
- Improve jaw movement and range of motion
- Improve posture

OUR THERAPISTS WILL DESIGN A THERAPY PROGRAM ESPECIALLY FOR YOU. THERAPY MAY INCLUDE:

- Pain management techniques
- Manual therapy techniques, including myofascial release therapy
- Individualized treatment plan including stretching and low-load exercises
- Postural education and re-training
- Self-care and self-treatment strategies

Therapy sessions are generally 3–4 times per week for 4–6 weeks’ duration. Personalized home exercises and activities are usually given as homework. Obtain a prescription for therapy from your physician and schedule time for an evaluation so your therapist can listen to your concerns and evaluate your performance.

References: *Diagnostic Criteria for TMD, developed and validated by a consortium of specialists from the American Academy of Orofacial Pain (AAOP). 2014*



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