



TMJ Dysfunction

Body Part

Temporomandibular Joint (Jaw)

Condition:

TMJ Pain / Dysfunction

Summary

TMJ pain is the second-most common chronic musculoskeletal condition after low back pain. TMJ pain affects up to 15% of adults, with a peak incidence between 20 and 40 years of age.

TMJ Pain is most commonly caused by:

- Bruxism (teeth grinding), often occurs at night when asleep
- Occlusal problems, such as poor bite, underbite, overbite
- Derangement / displacement of the TMJ articular disc
- Masticatory muscle dysfunction (chewing muscles)






Contributing factors may include:

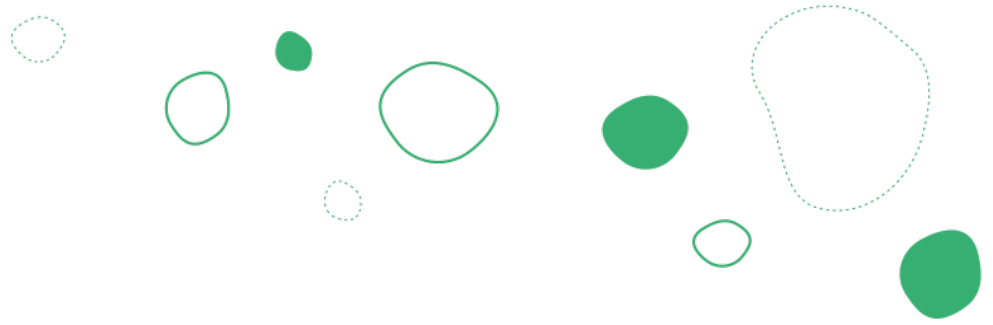
- Mandible (jaw) malalignment secondary to an occlusional appliance or orthodontic treatment
- Wisdom teeth removal
- Prolonged mouth opening (eg. dental procedure)
- Poor neck posture, especially forward head positioning
- Stress
- Whiplash / trauma (eg. blow to the chin)
- Less common causes: polyarthritic conditions, tumours, anatomical abnormalities



ABN. 22 128 992 834
ACN. 128 992 834
Vitality Rehab trading as Gen Health Hamilton

132 Thompson Street
Hamilton
VICTORIA 3300
Phone: (03) 5571 9923
Fax: (03) 5572 1334
www.genhealthhamilton.com.au
admin@genhealthhamilton.com.au

podiatry 
physiotherapy 
exercise Physiology 
occupational therapy 
clinical reformer therapy 



Symptoms:

- Pain over cheek muscles, usually worst with talking, chewing and yawning
- May have 'pop' or 'click' in TMJ when opening/closing mouth
- May have issues with jaw 'catching' or 'locking' once open
- Difficulty opening / closing mouth
- May also have headaches, ear buzzing/ringing, decreased hearing, dizziness, pain behind eyes, neck pain






Treatment:

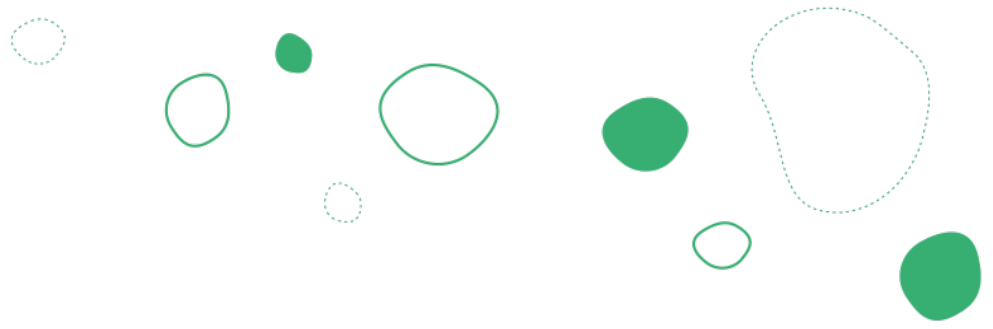
- 1) Education about:
 - Resting jaw position / neck posture correction
 - Ergonomic advice: desk setup, pillow/ sleeping posture
 - Eating modifications (eg. avoiding foods that require extra chewing)
- 2) Manual therapy:
 - Massage / Mobilisations / Dry Needling to neck & shoulder blade region
 - Mobilisation techniques to TMJ
- 3) Home Exercise Program to
 - Retrain / improve coordination masticatory (chewing) muscles
 - Stretch / relax tight neck muscles
- 4) Liaison with your Dentist and Oral Medicine Specialist if required (many patients commonly require a night splint to manage their symptoms)



ABN. 22 128 992 834
ACN.128 992 834
Vitality Rehab trading as Gen Health Hamilton

132 Thompson Street
Hamilton
VICTORIA 3300
Phone: (03) 5571 9923
Fax: (03) 5572 1334
www.genhealthhamilton.com.au
admin@genhealthhamilton.com.au

podiatry 
physiotherapy 
exercise Physiology 
occupational therapy 
clinical reformer therapy 



Prognosis:

As a general rule, TMJ opening disorders (how the jaw moves when opening or closing) are more likely to be successfully treated with jaw movement improvement techniques such as massage, Dry Needling, muscle stretch/relaxation/coordination exercises or joint capsule stretching techniques.

TMJ 'opening disorders' include:

- Masticatory (chewing) muscle disorder
- TMJ (joint) disorder: hypermobility, stiffness or arthritis
- TMJ disc displacement disorder (eg. locking, clicking)
- Cervical Spine (neck) posture issue

A dentist is usually involved in the management of TMJ closing disorders such as bruxism (teeth grinding) due to the addition of teeth occlusion. In some cases, an occlusal splint or bite plate may be recommended.

TMJ 'closing problems' include:

- A locked-open joint
- An occlusion problem, which may require a bite assessment from your dentist






Further information:

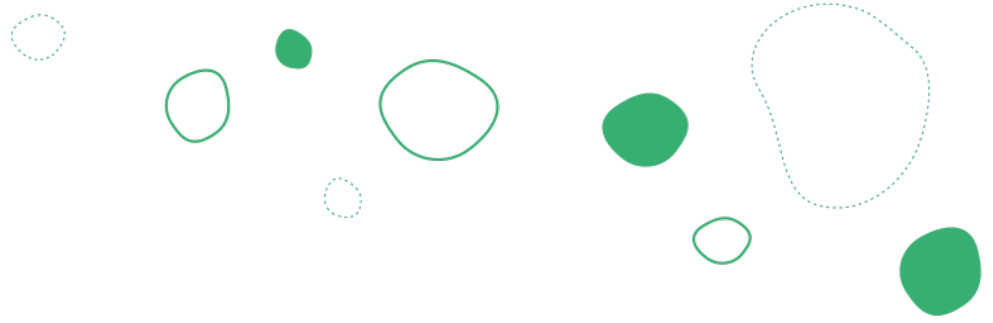
For further information, please contact our friendly team at Gen Health.



ABN. 22 128 992 834
ACN.128 992 834
Vitality Rehab trading as Gen Health Hamilton

132 Thompson Street
Hamilton
VICTORIA 3300
Phone: (03) 5571 9923
Fax: (03) 5572 1334
www.genhealthhamilton.com.au
admin@genhealthhamilton.com.au

podiatry 
physiotherapy 
exercise Physiology 
occupational therapy 
clinical reformer therapy 



Picture Link:








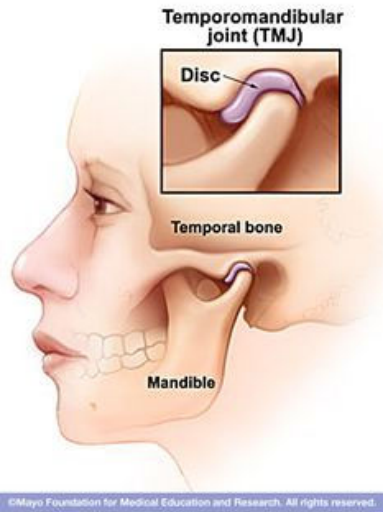
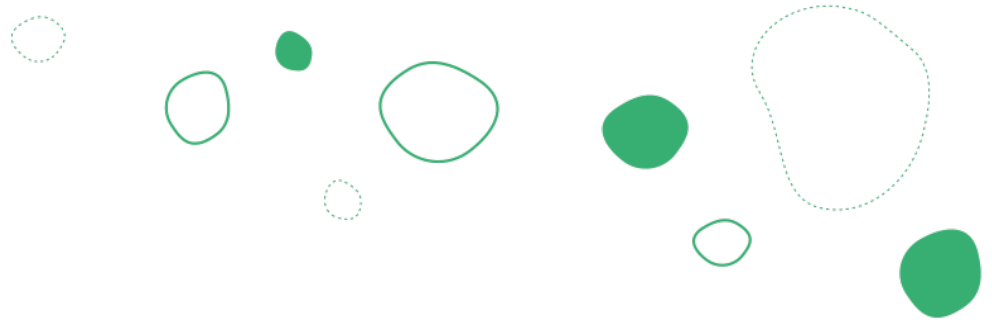
<https://www.aestheticdentalspa.net/tmd-symptoms-treatment.html>



ABN. 22 128 992 834
ACN.128 992 834
Vitality Rehab trading as Gen Health Hamilton

132 Thompson Street
Hamilton
VICTORIA 3300
Phone: (03) 5571 9923
Fax: (03) 5572 1334
www.genhealthhamilton.com.au
admin@genhealthhamilton.com.au

podiatry 
physiotherapy 
exercise Physiology 
occupational therapy 
clinical reformer therapy 



<https://www.webmd.com/oral-health/guide/temporomandibular-disorders-tmd#1>







<https://www.daintydentalcare.com.au/guard-for-teeth-grinding-clenching-occlusal-splint/>



ABN. 22 128 992 834
ACN.128 992 834
Vitality Rehab trading as Gen Health Hamilton

132 Thompson Street
Hamilton
VICTORIA 3300
Phone: (03) 5571 9923
Fax: (03) 5572 1334

www.genhealthhamilton.com.au
admin@genhealthhamilton.com.au

podiatry 
physiotherapy 
exercise Physiology 
occupational therapy 
clinical reformer therapy 