



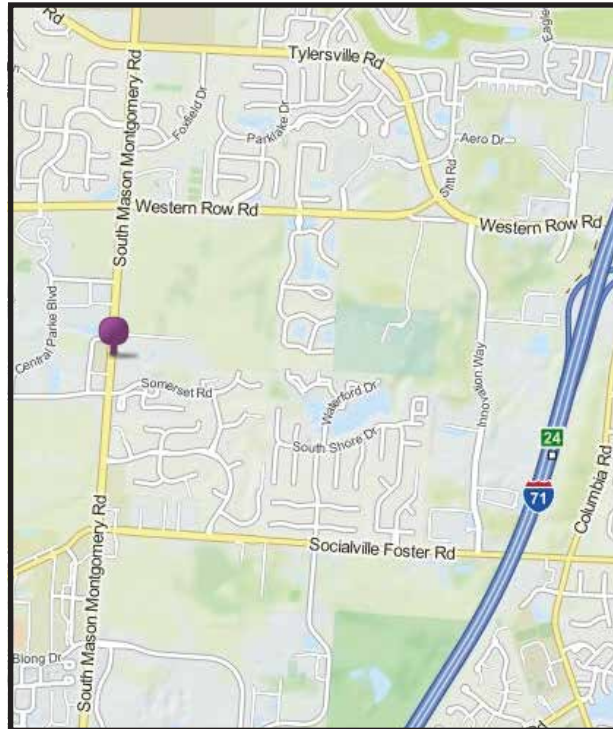
Sports Therapy Inc.

Sports Therapy, Inc. is the preferred PT provider for several dentists/oral facial specialists in the Cincinnati region.

TMJ Therapy

Temporomandibular Joint Disorder

SPORTS THERAPY INC.®



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When your doctor recommends physical therapy - Choose **Sports Therapy, Inc.**

Local. We are a family owned practice serving Cincinnati since 1988.

Convenient! Initial evaluations can be scheduled within 48 hours.

We accept most types of insurance and verify your insurance so we can let you know exactly what PT benefits you have.

What is Temporomandibular Joint Disorder?

A term used to describe a disorder of the TMJ's (temporomandibular or jaw joints) and/or the muscles that control these joints.

It is a collection of symptoms that occur when the jaw joints and/or surrounding muscles are not working properly.



Symptoms may include:

- Jaw clicking or popping
- Jaw locking or limited motion
- Difficulty with eating and talking
- Jaw pain or stiffness
- Facial pain
- Headaches
- Tinnitus (ringing in ear)

Modalities implemented to address these treatment goals are:

- Ultrasound
- Iontophoresis
- Laser Therapy
- Electrical Stimulation

Manual therapy to restore natural range of motion of the neck and TM joint may include:

- Soft Tissue Mobilization
- Joint Mobilization
- Passive Stretching
- Instrument assisted soft tissue mobilization
- Neuromuscular biofeedback

Physical Therapy Treatment Goals for TMJ are:

- Relieve pain
- Decrease muscle spasm in the jaw and cervical musculature
- Restore normal mandibular function and motion
- Re-establish proper muscular control of your neck and jaw

What is Normal Jaw Range of Motion?

Self-Test:

- 3 finger method: width of the index, middle and ring fingers stacked vertically between teeth. This is an opening of roughly 40 mm.
- A healthy jaw should also be able to move left, right and forward 10 mm without pain.

