

# TMJ

## History

- When was the onset of the current symptoms
- Are there any noises on jaw opening or closing
- Is there reduced range of motion with jaw opening or closing
- Does the client get headaches
- Is the client a mouth breather

## Visual Assessment-

- 1) Shoulders may be elevated or one may be higher than the other
- 2) Symmetry of the face is observed
- 3) Alignment of the jaw and teeth

## Specific tests

- 1) Three knuckle test
- 2) AROM of the mandible
- 3) Assessment of the condular movement to see if it is symmetrical, One may move before the other

## Informed Consent

## Treatment

- the treatment begins prone
- Effleurage, petrissage, *fascial techniques* are used on the upper trunk and shoulder girdle.
- Turn supine
- *Nodal pumping and stationary circle for lymph drainage.*
- *Fascial techniques* on the neck and jaw
- *Passive Pec Major stretch*
- Effleurage and petrissage are used on the neck and shoulder girdle.
- Trigger points*
- Scalenes. *Trigger points*
- Sternocleidomastoid is treated. *Trigger points*
- Mastication muscles from the outside. Effleurage, Petrissage, *Trigger points*
- Temporalis, Masseter, Lateral Pterygoid, Medial Pterygoid
- *Supra and infrahyoid work*
- Intra oral Masseter, Lateral Pterygoid, Mylohyoid and Medial Pterygoid
- AFROM is used in between each muscle to normalize proprioception

- *Suboccipitals golgi tendon release*
- *Deep Diaphragmatic breathing*
- Traction of occiput into flexion
- Long axis traction
- Traction of the TMJ
- *PR ROM* of the cervical spine
- Effleurage to the neck and shoulders
- Scalp massage

#### Post Treatment with Client

- How are you feeling
- Do you need help off the table
- Take your time getting up

#### Homecare and Hydro

- Heat is applied to reduce hypertonicity
- Cold is applied to reduce inflammation
- Teach the client self massage
- Teach the client Suboccipital stretch
- Teach the client diaphragmatic breathing
- Client avoids things that stress the TMJ –chewing gum resting with a hand under the chin
- During dental procedures the client should take breaks to open and close the mouth