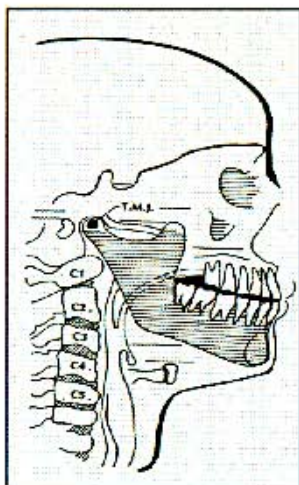


CHIROPRACTIC APPROACH TO TMJ DYSFUNCTION



Your mandible (jaw) is held in place by the muscles and ligaments as it attaches to your temporal bone. (small skull bone above the ear) The joint that is formed by these two bones is called the "temporomandibular joint", or TMJ for short.

In addition to allowing you to move your mouth in a normal way for purposes of eating and speaking, there are other important jobs performed by this very special joint.

Many dentists and doctors of chiropractic, for example have discovered that the blood circulation to the skin, pain fibers, muscles and internal tissues of the neck and head is very strongly influenced by proper alignment of the TMJ. Misalignment (subluxation) of the TMJ can seriously affect the blood flow, muscle tension, spinal balance and the proper working of the nervous system in the upper body. This can result in many complex symptoms and ultimately disease, unless the misalignment is corrected by someone with special training and experience in this field of health care.

In the majority of cases TMJ problems are of a long standing nature, although injuries to the face, head or neck can cause misalignment of the TMJ and the subsequent expression of symptoms.

Due to the close and interrelated qualities of the TMJ and the upper spinal nervous system, the greater portion of TMJ problems are linked to misalignments of the vertebrae in the upper spine.

The integrated network of nerves between the TMJ and the upper spine forms a complex system which strongly influences the muscle tension, blood flow, organs of the upper chest, head, neck, and face.

Doctors of chiropractic specialize in the evaluation and non-surgical, drug free treatment of structural imbalances in the body, with special emphasis put on the spine and its effects on the nervous system.

EARLY DETECTION OF TMJ DYSFUNCTION

1. Do I have headaches which do not respond to medical treatment?
2. Do I have unexplained dizziness, visual disturbances, or hearing difficulties?
3. Do I have pain or stiffness in the jaw or temples?
4. Do I feel frequent muscle tension and strain in my face, head, shoulders, or upper chest?
5. Do I suffer from unexplained tension, anxiety, depression or high blood pressure?
6. Do I have frequent sinus infections, bronchitis or other respiratory symptoms?
7. Have I been using sinus or cold medicine with little or no improvement?
8. Have I been examined by my chiropractor and dentist recently and been told I have spinal misalignment or TMJ problems?
9. Do I wear dentures that fit improperly and put pressure on my jaws in a painful way?
10. Have I injured my jaw, face, head or neck and had symptoms of TMJ dysfunction or spinal misalignment that I ignored?

YES to 5 or more of these questions indicate that you may suffer from TMJ dysfunction/spinal subluxation syndrome.