

TMD Relief with Gainesville Physical Therapy & Wellness

Do your patients have headaches behind the eyes, neck pain, jaw pain, ear pain and even teeth pain? Any of these symptoms could be signs of temporomandibular joint dysfunction (TMD) and can be treated by a licensed physical therapist.

TMD can be caused by many factors regarding patient habits including but not limited to eating on one side, sleeping positions, gum chewing, etc. In addition, abnormal posture secondary to weakness or decreased flexibility of the postural musculature can also contribute to TMD. Internal joint derangements between the mandible and the disc on the condyle of the skull can also contribute to the condition.

TMD can be treated by physical therapy to improve muscular length in the jaw, neck and postural muscles as well as strengthen weak postural muscles. Other treatments may include, TMJ mobilizations, patient education and exercise.

If you have patients with these complaints, please consider physical therapy to improve their function and decrease their pain.

If you would like more information regarding physical therapy for TMD and how we can help your patients, please feel free to give us a call and talk with our specialist Erienne Blanchard, PT, DPT. She would be happy to discuss these treatments with you further.



**Call today to speak with our specialist, Erienne Blanchard, PT, DPT,
and learn more about how we can help your patients.**

352-376-6300

Gainesville Physical Therapy & Wellness
"Where People Matter and Results Count"

4113 Northwest 6th Street, Ste. C
Gainesville, FL 32609

352-376-6300
www.GainesvillePhysicalTherapy.com