

what is

TMD?

Temporal Mandibular Disorder (TMD) is a common group of jaw and facial pain disorders often incorrectly referred to as "TMJ". TMD can involve the muscles of the jaw, its joints, or both.



ORTHOPEDIC AND SPORTS PHYSICAL THERAPY, LLC

ProActive has a vision that says physical therapy can be practiced with a focus upon patient care, superior outcomes, and outstanding customer service in a warm caring environment. Recognizing that each of our patients is unique, we focus our care upon individual needs. We see that focus as being critical to the overall success of our patient's recovery process.

"From the very 1st time I walked into ProActive I felt like family. I've been to many other physical therapy clinics and ProActive is the best in the business. They were able to solve my problem when no one else could. Thank you ProActive!!"

-C.J., Gresham, Oregon



what are the symptoms

of TMD?

TMD SYMPTOMS include pain or discomfort in or around the ear, jaw joint, and/or muscles of the jaw, face, temples and neck on one or both sides. The pain may arise suddenly and progress with fluctuating frequency and intensity over months to years. Clicking, popping, locking, limited opening or deviating jaw movement, chewing difficulties, and headache are also associated with TMD.

TMD care

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Head, neck, and facial pain help

at ProActive Physical Therapy



The causes of TMD are unclear as TMD usually involves more than a single symptom and rarely has a single cause. TMD is believed to result from several factors including jaw injuries (trauma), joint disease (arthritis), teeth clenching and grinding, and head and neck muscle tension.



PHYSICAL THERAPY

Our physical therapy for TMD can **reduce inflammation, restore function, reduce pain, and promote repair and regeneration** of injured tissue. Exercises are important to maintain normal muscle function and comfort, increase muscle strength, develop normal coordination and stabilize the joint.

Physical therapy treatments may include:

Posture training focusing on the spine-head & jaw relationship.

Joint mobilization to improve range of motion and reduce disc displacement.

Pain management.

Ultrasound and iontophoresis to reduce inflammation and spasms which will allow your joint to move easier.

TMD

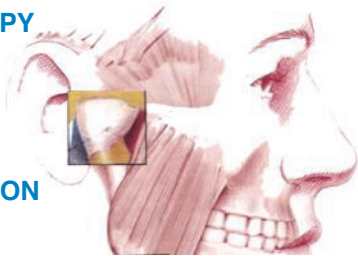
PHYSICAL THERAPY

MASSAGE

ULTRASOUND

JOINT MOBILIZATION

RELAXATION



care

NEW PATIENTS ALWAYS WELCOME

Dental specialists and physical therapists are the best sources for proper diagnosis and management of TMD. Physical Therapy has been proven helpful in resolving TMD. Physical therapists are trained professionals who help rehabilitate all

types of physical injuries. Physical therapists have many treatment techniques that have been proven helpful in managing TMD. Your therapist will work together with you and your dental specialist to formulate a plan for your treatment.

Scientific research demonstrates that over 75% of TMD patients treated with conservative measures, such as physical therapy, have few or no ongoing symptoms of TMD.

