

# Specialty Clinics

## TMJ Rehab Clinic

### TMJ Pain

Temporomandibular joint disorders (TMJ) are common and often develop when the muscles and ligaments that support the jaw become inflamed or overworked. These conditions can cause pain, clicking, and difficulty moving the jaw. While many people suffer from TMJ, the good news is that there are several effective treatments available. As a result, we recommend that you consult with our office to determine the best course of action for your specific condition, whether you are experiencing mild or severe symptoms.

TMJ disorder will often manifest in ways that appear to be unrelated to the jaw. Symptoms may include severe headaches, ear pain, and facial pain. While many people experience these symptoms, not all of them are directly related to the jaw. In some cases, the symptoms may be a result of a more general condition. However, in many cases, the symptoms are directly related to the jaw and can be effectively treated. Other more obvious signs include clicking or popping sounds when opening or closing the jaw, and jaw pain.

The most common treatment for TMJ disorders is physical therapy. This can help to reduce inflammation and improve the function of the jaw. In some cases, surgery may be necessary to correct the underlying issue. However, in most cases, the symptoms can be effectively managed with non-surgical treatments. It is important to consult with a healthcare professional to determine the best course of action for your specific condition.

Our physical therapy treatments include:

- Jaw exercises to strengthen muscles and improve joint function.
- Heat therapy to improve blood circulation in the jaw.
- Ice therapy to reduce inflammation and relieve pain.
- Massage to reduce overall muscle tension.
- Trainers to improve posture and correct jaw alignment.
- Transcutaneous electrical nerve stimulation (TENS), which is a non-invasive treatment that uses a mild electrical current to stimulate the nerves in the jaw. This can help to reduce pain and promote muscle relaxation, improve blood circulation, and reduce inflammation.
- Manual therapy techniques to help to move the jaw and reduce pain.
- Ultrasound therapy, which uses high-frequency sound waves to penetrate deep into the tissue and help to reduce inflammation and improve blood circulation.

All Physiotherapist are Certified in TMJ Treatment.

## **Clinic Hours**

### **Nepean:**

Monday - 7am – 9pm

Tuesday - 7am – 9pm

Wednesday - 7am – 9pm

Thursday - 7am – 9pm

Friday - 7am – 9pm

Saturday - 8am – 1pm

### **Westboro:**

Monday - 2pm – 8pm

Tuesday - 7am – 3pm

Wednesday - 2pm – 8pm

Thursday - 7am – 8pm

Friday - 2pm – 8pm

### **Kanata:**

Monday - 11am – 7pm

Tuesday - 7am – 3pm

Wednesday - 11am – 7pm

Thursday - 7am – 3pm

Friday - 11am – 7pm

**Stittsville:**

Monday - 8am – 8pm

Wednesday - 8am – 8pm

Friday - 8am – 8pm