

# TMJ Physiotherapy treatment for Jaw Pain in Manly

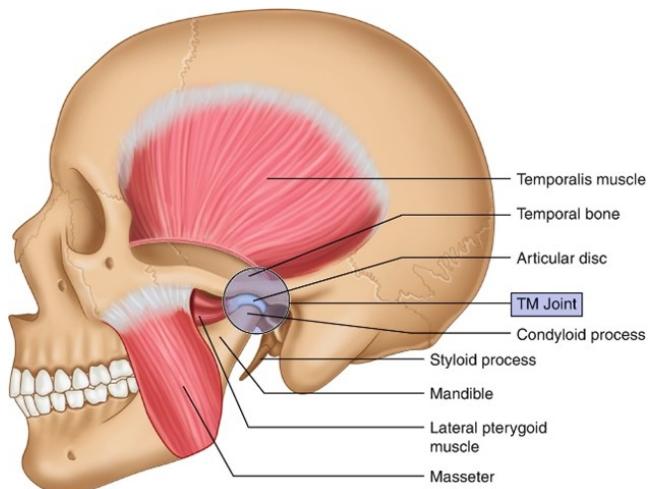
**Jaw pain or Temporomandibular Dysfunction (TMD) is an extremely common complaint in the general population. Physiotherapy remains one of the most effective forms of treatment for those suffering from TMD and jaw pain.**

**Book Now**

## Tailored Treatment to reduce your jaw pain and stiffness.

The joints of the Jaw or temporomandibular joints (TMJ) attach the mandible or jaw to the skull and are located on the side of the head just next to the ear.

The TMJ is one of the most used joints in the body, being involved in talking, facial expressions, chewing and yawning. Other than chewing, most of the work the muscles of the jaw do is quite light. When these muscles work too hard, it results in a variety of mechanical issues around the joint resulting in pain and reduced jaw function.



Each presentation will vary but symptoms of TMJ dysfunction include soreness in the muscles and surrounding areas, difficulty chewing and eating, clicking or popping of the joint on opening and/or closing and in severe cases locking of the joint can occur. TMD can also overwork the muscles of the neck, contributing to neck stiffness and headaches.

## TMJ Physiotherapy for treatment for Jaw Pain

Physio is very effective in treating the symptoms of TMJ disorders. TMJ physiotherapy will include a thorough assessment of the mechanics of the TMJ and its muscles as well as an assessment of the surrounding areas which may be contributing.

Treatment typically involves releasing tight muscles and mobilising any stiff joints in the area. Other treatments such as acupuncture are often used to decrease painful trigger points in the surrounding muscles.



You may also be provided with exercises to relax overactive muscles or to improve patterns of movement and muscle function. Typically, you should expect fairly immediate improvement in the symptoms after treatment. Complete resolution will depend on the contributing factors to your condition.

**Book Now**



## Why Choose In Balance Physio in Manly?

- You will be seen by a physio with extensive experience in the treatment of TMJ dysfunctions.
- We allow a full hour for your initial assessment to allow a thorough assessment of your jaw and still leave plenty of time for hands on treatment to improve your symptoms.
- Knowledge is power and you should expect to leave your first appointment with a diagnosis, relief of your symptoms and a clear plan of action.
- We don't believe in machines and passive treatments. Your treatment will involve a combination of hands-on manual therapy to relieve your pain as well as exercises to correct the underlying issues.
- We provide well equipped, private treatment rooms, not curtained cubicles.

## Book Now

**Stop putting up with jaw pain and the symptoms associated with TMD.  
Book an appointment with one of our experienced TMJ physios today!**