TMJ Physiotherapy treatment for Jaw Pain in Manly

Jaw pain, clicking and tension headaches respond well to physiotherapy. Get a clear diagnosis and hands on relief from a Manly Physio, experienced in TMJ.

Book Your Assessment

Signs you may have TMJ (Jaw) dysfunction

- Soreness in the jaw muscles and area around the joint
- Difficulty or discomfort chewing and eating
- Clicking or popping when you open and close the joint
- Jaw locking (in more severe cases)
- Neck stiffness and tension headaches

Why Choose In Balance Physio in Manly?

- You will be seen by a physio with extensive experience in the treatment of TMJ dysfunctions
- You'll leave your first appointment with a diagnosis, symptom relief and a clear action plan
- No machines and passive treatments – hands-on manual therapy plus exercises to correct the underlying issues.
- A full hour for your initial assessment, with plenty of time for hands on treatment to improve your symptoms

E: admin@ibphysio.com.au | T: 02 9976 3540 | F: 02 9976 3290 | Suite 14, Level 2, 22 Darley Road, Manly, NSW 2095 Australia

- Private, well equipped treatment rooms

Book Your Assessment

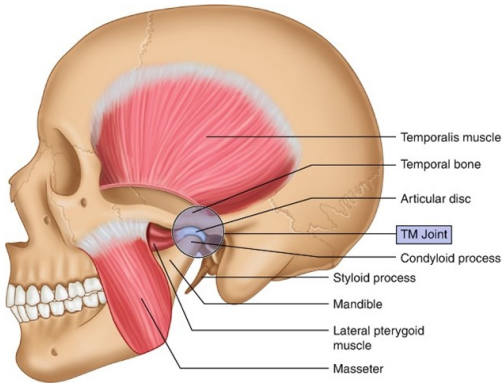
How TMJ Physiotherapy works

The temporomandibular joints (TMJ) connect your jaw to the skull just in front of the ears. They're among the most used joints in the body, involved in talking, chewing and yawning. When these muscles work too hard, it results in pain and reduced jaw function.

Physio is very effective for TMJ disorders. We start with a thorough assessment of the jaw, its muscles and the surrounding areas which may be contributing.

Your treatment may include:

- Releasing tight muscles adn mobilising the joints
- Acupuncture or dry needling to ease painful trigger points
- Tailored exercises to relax overactive muscles adn improve movement
- Fairly immediate improvement in symptoms after treatment



E: admin@ibphysio.com.au | T: 02 9976 3540 | F: 02 9976 3290 | Suite 14, Level 2, 22 Darley Road, Manly, NSW 2095 Australia



Stop putting up with jaw pain. Book an appointment with one of our experienced TMJ physios today!

Book Now

E: admin@ibphysio.com.au | T: 02 9976 3540 | F: 02 9976 3290 | Suite 14, Level 2, 22 Darley Road, Manly, NSW 2095 Australia