

# Services

## TMJD

### Temporomandibular Dysfunction (AKA TMJD or TMD)

ProActive Physical Therapy's Temporomandibular Dysfunction Program focuses on assessment, direct intervention and patient education. The goal of our program is to decrease pain, improve posture and maximize the function for you through efficient and effective delivery of outcomes-based Physical Therapy services.

#### Program Features

Evaluation by a skilled Physical Therapist including tests and measurements to assess:

- Cervical/thoracic ROM
- Temporomandibular ROM
- Posture
- Pain
- Palpation for tissue integrity
- Strength
- Intervertebral mobility
- Craniovertebral instability
- Visible signs of tension
- Respiration
- Headaches

#### Our Focus is Function

We focus on patient education regarding critical elements of healing, anatomy and biomechanics of the masticatory system and cervical/thoracic spine. Emphasis is placed on importance of proper posture and body mechanics and distinction between stretching and strengthening exercises.

- Modalities as needed for pain
- Progressive stretching activities with postural correction emphasized
- Progressive strengthening activities
- Body mechanic awareness training
- Joint mobilization as indicated
- Intra- and extra-oral massage
- Functional exercise progression
  - ♦ focusing on home, work, recreational and sports goals
- Instruction in a home exercise program with focus on posture, flexibility and strengthening exercises and self mobilization techniques
- Relaxation/stress management instruction
- Cardiovascular conditioning