

TMJ & TMD



Physical Therapy For TMD

Discover postural training, jaw movement training and manual therapy for TMD

Temporomandibular Joint Disorder (TMD) affects over 10 million Americans. TMD may result from trauma, postural issues, or dental issues associated with myofascial pain, internal derangement of the joint, or arthritis. Individuals with TMD may experience catching or locking, masticatory stiffness, limited mandibular range of motion and pain with eating. While not commonly known, physical therapy is a great treatment to help with symptoms and limitations of TMD.

At Therapydia, we value collaboration and coordination of care with other providers to ensure the most effective care is provided. A skilled physical therapist can evaluate, provide manual treatment, implement neuromuscular and proprioceptive training, and prescribe appropriate exercises to relieve pain and improve quality of life. Hands on techniques can be used to improve joint motion and reduce muscle stiffness as well as trigger points around the jaw to alleviate stress on the disc and joint.

Contact us to learn more about how we can help your patients improve their jaw pain.

Read more at Therapydia.com | 800-842-2896

About Therapydia

Therapydia is a national brand of Physical Therapy clinics emphasizing longer one-on-one treatments. Our physical therapists are experts in their fields and are devoted to the highest levels of patient satisfaction and long-term outcomes. We're creating the PT clinics of the future – designed to inspire and rejuvenate patients, and help them reach their goals.

PATIENT SATISFACTION



4.9 OUT OF 5

Therapydia is committed to the highest levels of customer satisfaction with an average of 4.9 stars (out of 5) and more than 20,000 reviews.

**ACCEPTING
NEW PATIENTS**
Refer to us
today!