

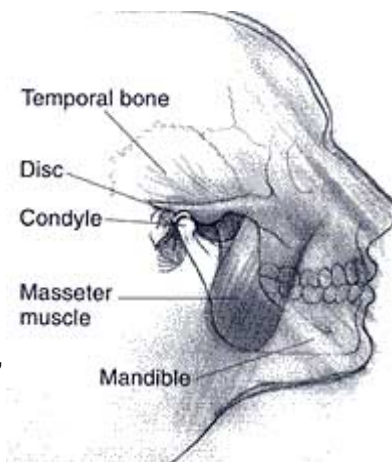
# TMJ/TMD/Jaw Pain

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### **What is TMJ/TMD**

Temporomandibular joint (TMJ) disorder—also called Temporomandibular disorder (TMD)—refers not just to one but to a number of conditions that cause pain in the face, head, or jaw area. The TMJs, located just in front of the ears, are the 2 hinged jaw joints that attach the lower jaw (mandible) to the bones at the sides and base of the skull (temporal bones). These joints allow the jaws to open, close, move side-to-side, and rotate in movements such as chewing, swallowing, or speaking.



### **What causes TMJ/TMD**

There can be multiple causes for TMJ/TMD. Trauma to the face, jaw or spine, neurological dysfunction of the 5<sup>th</sup> Cranial Nerve (this nerve control the jaw muscles), clenching the teeth, bone abnormalities, arthritis of the TMJs are potential causes for the TMJ disorder.

### **What are the symptoms of TMJ/TMD**

The symptoms of TMJ/TMD may include headache, tension in the jaw/face/neck muscles, jaw stiffness, pain or clicking sound when the mouth opens or closes. TMJ, which may be chronic (long-lasting) or temporary, affects more than twice as many women as men and most often appears between the ages of 20 and 50.

### **NUCCA chiropractic treatment and TMJ/TMD**

There are a couple of links between the spine, the nervous system that help us understand why NUCCA chiropractic care is so effective in helping people with TMJ/TMD.

The most likely link between the spine and TMJ/TMD is 5<sup>th</sup> cranial nerve. The 5<sup>th</sup> cranial nerve exits the spinal cord and wraps up through the skull to where it controls the muscles of mastication (chewing). This nerve is very susceptible to injury when the bones at the top of the spine misalign (subluxate). If one or both of the 5<sup>th</sup> cranial nerves (there is one on each side) becomes irritated or impaired, it may begin to send too many or too few neurological impulses to the muscles of the jaw, causing the muscles to tighten and even pull the jaw out of place resulting in TMD. Correcting the spine will help return the nervous system to proper function, the muscles will be rebalanced and the patient can get relief and recover from the TMJ disorder. There have been many patients who have felt their jaw shift back into place during a NUCCA chiropractic correction.

We have been working specifically with TMJ/TMD specialists with whom we have been able to achieve excellent results. In fact, one post-graduate dental collage (Las Vegas Institute of Advanced Dentistry) recommends that its dentists co-care with a NUCCA doctor when faced with complex TMJ/TMD cases. Many patients find that we can manage their TMJ/TMD while others find that co-operative care with their dentist or doctor achieves the best results.

Whether you have a terribly complex case or just some minor tension in the jaw, we take these issues seriously and it is highly likely that your jaw will improve under NUCCA chiropractic. The TMJ/TMD has a reputation of being a highly complicated and frustrating problem to fix. Begin the treatment of the TMJ/TMD with us or add NUCCA chiropractic care to what your dentist/surgeon is already doing and begin to find relief from this painful problem.

**If you or someone you know is suffering from  
TMJ/TMD/Jaw Pain call and schedule an appointment  
today. A higher quality of life awaits you.**

## **Testimonials:**

“My jaw and teeth pain have been significantly reduced. When in alignment, I have many pain free days. I am able to concentrate better, my frequent headaches have been significantly reduced and I have more energy. Although, the dental treatment proved unsuccessful (despite spending thousands of dollars on night guards); I was able to find help under NUCCA chiropractic care. On days I feel out of alignment, I can't believe I used to feel that way everyday. I have Drs. Bagnaro to thank for rejuvenating my body and spirit, and I encourage all of my friends and family who experience chronic ailments to be evaluated by a NUCCA doctor. I am so glad that I was!” -**Janelle**

“I began treatment with Dr. Bagnaro after seeing improvement in my daughter's health and stabilization of her scoliosis with NUCCA treatment. I didn't have any particular back complaints but I have had jaw and neck pain for 30 years from TMJ. I have seen numerous specialists over the years and have had no success and really no hope from the specialists I had seen. I was very surprised and very happy when after about 5 months of treatment my jaw slid back into place and the daily pain was gone. I didn't realize how much energy I used up coping with the chronic pain until it was gone. I am able to focus better and get more done in my day.

While I did expect overall improvement in my health, I really had no expectations that my jaw pain could be helped from NUCCA chiropractic treatments.

I have and will continue to recommend Redmond Spinal Care to my friends.”-

**Amy**

**At Redmond Spinal Care** in Redmond, WA. we specialize in Upper Cervical chiropractic care. The most common symptoms treated at this office are neck/back pain, sciatica, headaches, migraine headaches, asthma, fibromyalgia, TMJ/TMD and high blood pressure. For a complete list of conditions that respond to NUCCA chiropractic [click here](#).