

**What is temporomandibular joint (TMJ) syndrome?**

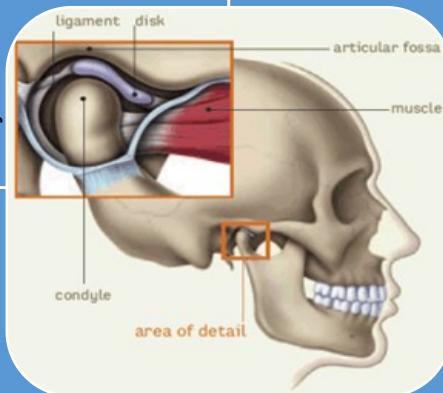
The temporomandibular joint (TMJ) acts like a sliding hinge, connecting your jawbone to your skull

Temporomandibular joint syndrome is a disorder of the jaw muscles and nerves caused by injury to the temporomandibular joint.

**TMJ Symptoms**

You may or may not experience jaw pain or tenderness with TMJ dysfunction. The most common symptoms include:

- Clicking, popping, grinding
- Limited opening, or
- Inability to fully clench your jaw.
- Pain with mastication
  - Headaches
  - Neck Pain



- How Can Physiotherapy Help?**
- TMJ movement pattern and timing correction
  - TMJ stabilisation exercises
  - Correct postural dysfunction
  - Cervical spine assessment
  - Muscle lengthening and massage
  - Joint mobilisation
  - Passive, active-assisted, active exercises

Physiotherapy is commonly involved in the treatment and management of your TMJ pain and dysfunction alongside your GP. Your dentist is usually involved in the management of closing disorders such as locked jaw and bruxism.

Provides services for:

