



**Common symptoms of Temporomandibular Disorders (TMD) include:**

- headaches
- "popping", "locking", or "clicking" in jaw
- pain when eating
- limitations opening or closing the mouth

**Physical therapy treatment may include:**

- manual treatment
- dry needling
- postural adjustments
- strengthening
- activity modifications (sleeping, driving, postures, eating, chewing gum)

**Speak with your physician or dentist about your symptoms and ask if a referral for physical therapy is appropriate for you! You may also call us at 325.793.3441 for more information.**



## **WTRC can help treat TMD!**

**Here are a few ways physical therapy can help:**

- **wide variety of postural education & training**
- **soft tissue mobilization to decrease dysfunction**
- **joint mobilizations to improve & restore proper mechanics of motion**
- **neuro re-ed activities to improve motor control & muscular balance**
- **education on "do's & don'ts" in regards to eating, bite guards, etc**
- **dry needling, taping, & other modalities as needed**
- **incorporating the cervical spine & addressing any dysfunctions or deviations that might be contributing**
- **headache management**
- **addressing possible related contributing factors of tinnitus &/or aural fullness**
- **working closely with dentists & orthodontists, choosing a treatment regime that directly coincide with their current treatments (braces, maxillofacial surgeries, bite guards, etc...)**

