

Facial & Temporomandibular Joint Treatment

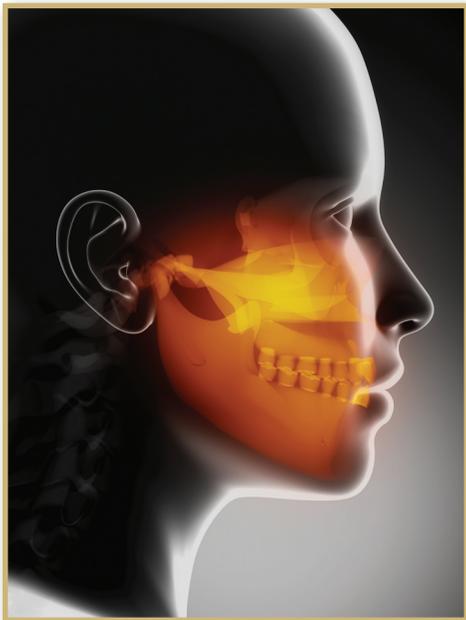
Helen Hayes Hospital is one of very few facilities in the region to provide a specialized, multidisciplinary treatment approach to relieve the discomfort caused by TMJMD.

Facial or temporomandibular joint pain and muscle disorder, often referred to as TMJMD, is experienced by approximately 75% of the U.S. population. TMJMD ranks as one of the most commonly occurring conditions resulting in pain and disability, second only to chronic low back pain.

Symptoms

This condition could result from trauma, dental or neurological issues. In many instances, TMJ symptoms can stem from systemic disorders like Scleroderma, Lupus or Fibromyalgia. Commonly experienced symptoms include:

- Facial pain
- Difficulty opening the mouth
- Difficulty chewing
- Pain and stiffness around the neck
- Headaches
- Clicking in the joint



Evaluation

All muscles of the head and neck impact each other, resulting in this complex condition. In physical therapy, TMJMD is treated as a combination of muscular and joint dysfunction. While evaluating a patient with facial pain, not only is the focus on measuring TMJ mobility, but also testing stability of the cervical spine.

Treatment Options

A physical therapist who specializes in the treatment of TMJMD works closely with the referring physician, dentist or oral surgeon to design an individualized plan of action. The therapist may incorporate several treatment modalities, such as:

- **Myofascial Release:** a soft tissue technique to mobilize layers of skin and fascia in order to improve flexibility.
- **Trigger Point Release:** this therapy is based on releasing points of maximum tenderness in muscles and tendons to relieve pain.
- **Joint mobilizations:** various grades of joint mobilizations are performed to help in jaw opening and closing.
- **Exercise Therapy:** an effective exercise program is also designed to build head and neck stability.
- **Neuromuscular Stimulation and TENS** are used as adjuncts to relieve pain and encourage motion.
- The use of **mouth guards**, under the expertise of a dentist /oral surgeon, also helps relieve symptoms.



General Information

The first session consists of a 60 minute evaluation by a physical therapist who specializes in TMJ treatment. Following treatment sessions last 30 minutes.

For more information & referral, call 845-786-4720 or email Payal Sahni, MPT, DPT, MCMT at sahnip@helenhayeshosp.org.

Additional Helen Hayes Hospital Wellness and Therapy Programs

- Physical, Occupational and Speech Therapy
- Osteoporosis Center
- Wellness Center
- Massage and Reiki
- Aquatic Therapy
- Yoga and Ai Chi
- Accupuncture
- Adapted Sports