

Services

TMJ

Physiotherapy is effective in treating TMJ disorder and its related conditions such as neck pain and headaches.

We take a multi-faceted approach to TMJ disorders, treating both the inside and outside of the mouth to lower the pain and spasms associated with this disorder. Our physiotherapy includes a series of prescribed exercises that can be done at home between clinic visits.

We will also educate each patient about sleeping positions and postural positions that will improve the head and neck position and reduce the load on the TMJ and surrounding structures.