

Dr. Guthrie provides
expert advice and treatment
for TMJ Problems.

GENTLE, NATURAL, EFFECTIVE
Chiropractic
TMJ

**Chiropractic care of the Tempero-
mandibular Joint has been shown to:**

1. Provide fast symptom relief - Chiropractic care is one of the most effective methods of relieving the painful symptoms associated with TMJ dysfunction.

2. Reduce stress on vulnerable muscles - By restoring normal movement to the muscles around the injured joint chiropractic care can help to relieve stress on the injured jaw area.

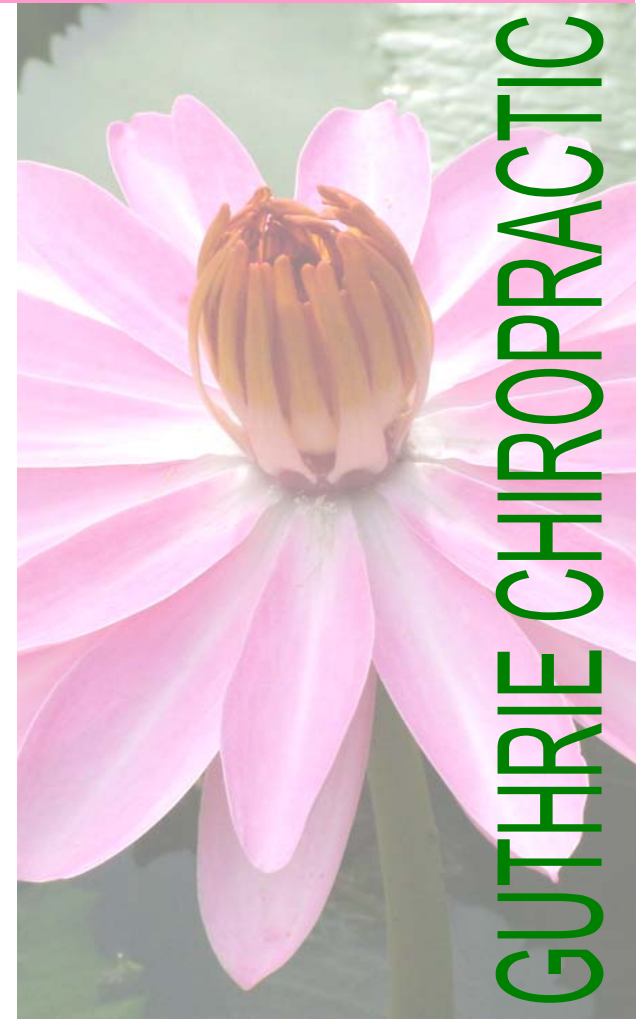
3. Enhance healing - By gently encouraging normal movement of the injured jaw, chiropractic care assists with this normal healing. Movement is essential to joints to allow diffusion of nutrients and normal growth of strong new tissue.

4. Maintain the health of the jaw. - By maintaining normal movement of the jaw & neck, chiropractic care supports the healing of the joints and reduces the potential for further damage.

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Office Hours
Monday - Thursday
8:00am - 7:00pm

Massage available evenings and weekends too.



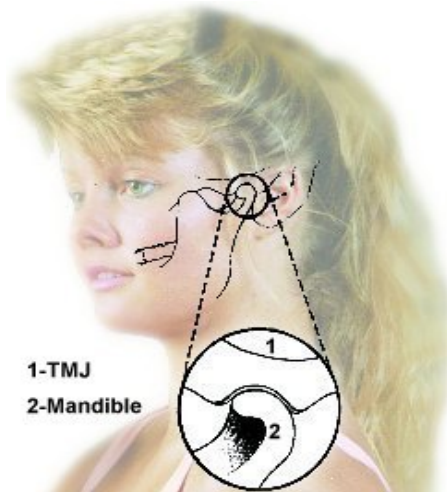
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What is TMJ?

TMJ is an acronym that stands for Temporomandibular Joint. It is more correct to say TMJ dysfunction, since this indicates that the temporomandibular joint is dysfunctional, which is to say painful or not moving properly.

Although many of these injuries are primarily to muscle, if not treated, or at least rested sufficiently, it will worsen and begin to involve the cartilage.

The most difficult cases are those that have progressed to the point that the joints have degenerated.



How did I get TMJ?

Most TMJ dysfunction is caused by injury or overuse of the muscles of the jaw, as might happen from eating a very tough food (like jerky) or from injuries like whiplash. Another common reason for the condition is prolonged or difficult dental procedures.

More Research

A recent study showed that the alignment of the spinal column may be strongly influenced by poor alignment of the temporomandibular joint.

These investigators reported that in an experimental group of animals with an induced misalignment of the jaw, thoracolumbar scoliosis (commonly referred to as crooked spine) occurred within 1 week. The abnormal curvature was then completely resolved in 83% of cases in just 1 week after correction of the jaw misalignment. They suggested that an anatomical and nervous system relationship between the jaw apparatus & the spinal column could explain their observations. They further theorized that the misalignment of the jaw caused the top vertebrae (the atlas) to misalign and each vertebrae below to then be effected.

From the Journal of Manipulative and Physiological Therapeutics (Nov/Dec 2006)

Microcurrent for TMJ

Microcurrent is a bio-energetic current; meaning it is a wave-form, which stimulates the natural currents of your body. This is like jump starting your car battery after leaving your lights on.

Once the muscles are fully supplied with this regulating electric current (which flows normally in a healthy body) your muscles will perform as they should -- keeping your jaw in line.

What you will feel from this treatment ranges from something similar to a ballpoint pen being gently pressed against you, to a feeling similar to needle insertions in acupuncture, but there is NO puncture.

TMJ Treatment

1. The best treatment, in the early stages of the condition, is massage of the muscles, combined with very mild stimulation of the muscles with microcurrent. Microcurrent is a non-painful treatment that works very quickly in most cases.
2. An inexpensive bite splint (about \$26) is often helpful, especially if you are one of those who grind your teeth together.
3. Your neck is, in some sense, the foundation of the jaw and therefore must be functioning properly before full recovery is possible.
4. Some people with TMJ dysfunction will benefit from taking glucosamine (or a similar compound) especially those who have ignored the problem for years.

Many people with TMJ dysfunction have been told that the only way to treat the problem is with very expensive orthodontic work and custom made bite splints. Fortunately, many of these same people have found relief using one or more of the methods described above.

TMJ Do's

- Learn relaxation techniques to help loosen the jaw and the rest of your body.
- Have your nutrient levels checked.
- Relax your facial muscles throughout the day.
- Drink plenty of water and get ample sleep.
- Take plenty of vitamins.
- Apply warm compresses on the face for twenty minutes daily.

TMJ Don'ts

- Eat hard and chewy foods like nuts and steak.
- Chew gum.
- Make extreme jaw movements such as wide yawning or loud singing.

HELPING YOU MAINTAIN A HEALTHY AND ACTIVE LIFESTYLE.
GUTHRIE CHIROPRACTIC