

GUTHRIE CHIROPRACTIC & Massage

WADE GUTHRIE, D.C. • 235 W. 10TH AVE. EUGENE, OR 97401
(541)683-9069

WWW.MYDOCWADE.COM

SPRING 2010
TMJ SPECIAL ISSUE



Does your jaw pop or hurt when chewing or yawning?
Or do you know someone who has these symptoms?

It could be **TMJ** or more accurately **TMD** (Temporomandibular Joint Dysfunction). It is usually caused by injury or overuse of the muscles of the jaw. If not treated, or at least rested sufficiently, it will worsen and begin to involve the cartilage.

Dr. Guthrie has a unique and very successful approach to the treatment of TMJ dysfunction. He has been treating this painful (and sometimes vexing) problem for over 25 years. His technique involves the utilization of microcurrent stimulation, in combination with myofascial release techniques and patient education. Microcurrent stimulation has proven to be useful in treating a wide range of conditions, which affect the jaw, such as:

- Sprains and strains
- Arthritis
- Fibromyalgia
- Meridian stagnation or deficiency
- Trigger point development
- Nerve root dysfunction and pain
- Gum disease
- Emotional stresses

See our website www.mydocwade.com for more information and to see video of an actual treatment by Dr. Guthrie.

Call us at 541-683-9069 to schedule your appointment or give the number to someone you know who could benefit from calling us today.

We bill to most insurance companies and often the procedures are covered under the alternative care benefit for chiropractic coverage.

And a **BIG THANKS** again to all of you who have referred patients to our office!

Sudoku Time!

2			1	6				9
							8	
6	4			9	3			2
			3		1	7		5
	1		4					6
3		9	5	7		1		
		5			2	9	4	
8				5		3		
		6	8	3	4			

Bring in the correctly completed puzzle and we will give you 10% off any service or product.

CALENDAR OF EVENTS

EASTER

SUNDAY, APRIL 4TH

Office will be closed, however massage may still be available this weekend.

MOTHER'S DAY

SUNDAY, MAY 19TH

Office will be closed, however massage may still be available this weekend and we have gift certificates!

MEMORIAL DAY

MONDAY, MAY 31ST

Office will be closed, however massage may still be available.

FATHER'S DAY

SUNDAY, JUNE 20TH

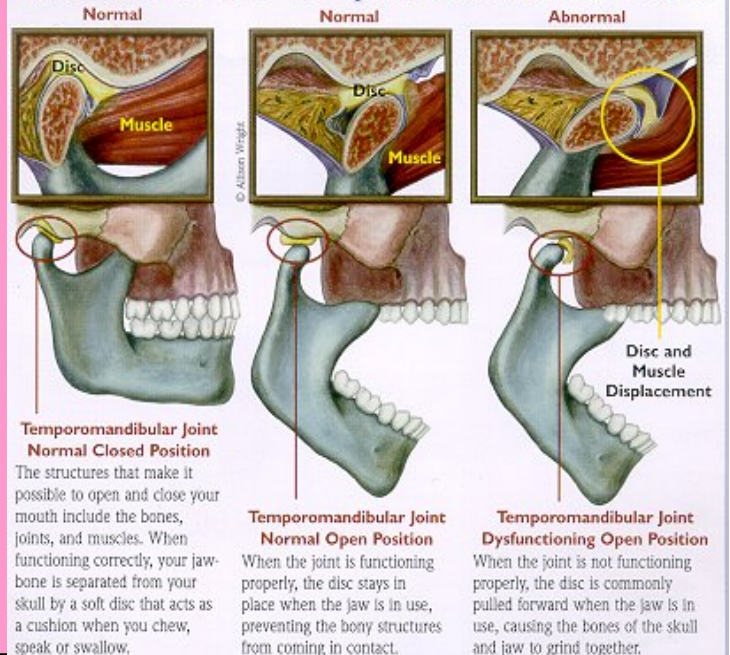
Office will be closed, however massage may still be available this weekend and we have gift certificates!

SUMMER BEGINS!

MONDAY, JUNE 21ST

Office will be open, come on in!

Function of the Temporomandibular Joint



"I wake up curious every day and every day I'm surprised by something. And if I can just recognize that surprise every day and say, "Oh, that's a new thing, that's a new gift that I got today that I didn't even know about yesterday," it keeps me going. It keeps me more than going. It keeps me enthusiastic and grateful."

Author: Michael J. Fox

If there is a topic you would like to see addressed in this newsletter or would like to know more about, please let us know, we would be happy to answer any questions. Send questions or comments to:

Marie Dearing

Guthrie Chiropractic & Massage

235 W. 10th Ave.

Eugene, OR 97401

Or email me at receptiondesk@mvdowade.com