

# TMJ Pain

If someone experiences pain or has issues with the temporomandibular joint, it is commonly called “TMJ”, when in fact this is the actual name of the joint. The *temporal* bone (which is part of the skull) articulates, or joins, with the *mandible* which is the lower jaw bone, hence the name temporomandibular joint. Dysfunction of this joint is in fact termed TMD. The unique feature of the TMJ is the articular disc that is made of a fibrocartilagenous material which is positioned between the two bones of the joint. Quite often “clicking” of the joint arises from issues with the gliding of this disc as the mouth opens and closes.

Regardless of your issues, there are a few simple tips that can help with most types of TMD. Here are a few suggestions if you have pain in the jaw region:

**Posture.** Correct postural alignment is critical with all types of TMD. Be sure your ear is situated over your shoulder and that you aren’t continually in a “head forward” position.

**Don’t clench.** Probably the most common issue with TMD is continual clenching and grinding of the teeth. Try to relax the jaw by thinking “Lips together, teeth apart”  
**Avoid tough and crunchy foods** while you are experiencing symptoms. Chewing gum is a major culprit of TMD.

Should you have issues with your jaw or facial region that are not resolved with these simple suggestions, please book in with our experienced professionals here at Bridgeland Sport and Spine. We will complete a thorough assessment to discuss an appropriate treatment plan for you. TMD can be very complex and often involves the neck region as well. Do not prolong your recovery by ignoring symptoms of this area.

