



Santa Clarita Valley
Therapy Services

HEALTH & WELLNESS **NEWSLETTER**



ARE YOU LIVING WITH JAW PAIN? TMJ COULD BE THE CULPRIT

Read more inside on Are You Living With Jaw Pain, How A Physical Therapist
Can Help With TMJ, and This Month's Healthy Recipe!

SCVTherapyServices.com

Give us a call today at **(661) 284-1984**



ARE YOU LIVING WITH JAW PAIN?

TMJ COULD BE THE CULPRIT

Do you suffer from headaches, grinding of your teeth, clicking of your jaw, or even ear pain? You're not alone! These can all be signs of a condition known as Temporomandibular Joint Disorder (TMJ).

This is a disorder of the jaw muscles and nerves caused by injury to the TMJ (the temporomandibular joint), which is the joint between your jaw and skull. A physical therapist can take a look at your symptoms and help to diagnose you if this is what has been causing your discomfort!

If you're living with this condition, don't fret! The skilled physical therapists at Santa Clarita Valley Therapy Services are here to help you find true pain relief once and for all. Call our clinic today and cut the cord tying you to your pain!

Common Causes of TMJ Disorder

According to ChoosePT, TMJ disorder is so common that it currently affects more than 10 million people in the United States. That's a lot! There are several reasons you may be experiencing symptoms of temporomandibular joint disorder.

Multiple factors contribute to the muscle tightness and dysfunction that characterize this condition. Most often, poor posture and neck alignment change the pull of the muscles that make your jaw move. This causes painful grinding and irritation of the temporomandibular joint.

Other causes may include:

- Poor alignment of or trauma to the teeth or jaw (malocclusion)
- Clenching of the jaw (bruxism)

- Lockjaw (trismus)
- Teeth grinding
- Poor posture
- Stress
- Arthritis or other inflammatory musculoskeletal disorders
- Excessive gum chewing

When you see a physical therapist for pain relief for TMJ disorder, they may ask you questions about your daily life, including stressors and chronic conditions that could be causing your pain.

Symptoms of TMJ

There are several ways to know if you may be dealing with TMJ, although the best way to find out for sure is to visit Santa Clarita Valley Therapy Services!

When a person has TMJ, the injured joint leads to pain with chewing, clicking, and popping of the jaw; swelling on the sides of the face; nerve inflammation; headaches; tooth grinding; and sometimes dislocation of the temporomandibular joint.

The bad news is that this condition can make everyday things such as talking and eating pretty uncomfortable. The good news is that a lot can be done to help TMJ disorder, first starting with a thorough evaluation of your problem with our expert physical therapists!

Call us today at **(661) 284-1984** or visit **SCVTherapyServices.com** to schedule your next appointment!

HOW CAN A PHYSICAL THERAPIST HELP WITH TMJ?



Dentists and orthodontists aren't the only ones who can treat TMJ disorder. Physical therapists can as well. At your first appointment with Santa Clarita Valley Therapy Services, a thorough examination of your neck, shoulders, and thoracic spine will be performed to determine whether those structures are causing your symptoms.

Once the root cause of your problem has been discovered, a comprehensive plan can be developed to quickly relieve your pain and restore natural movement to your temporomandibular joint. Furthermore, our physical therapists will teach you techniques for regaining normal jaw movement for long-lasting results.

The focus of physical therapy for TMJ is relaxation, stretching, and releasing tight muscles and scar tissue. In most cases, physical therapy can resolve TMJ and prevent the need for surgery.

However, in cases where surgery is absolutely necessary, physical therapy is a vital part of the recovery process, as it helps minimize scar tissue formation, muscle tightness and allows for a complete recovery.

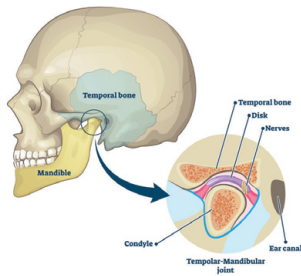
Your recovery plan may involve a range of procedures and modalities, such as jaw exercises, soft tissue massage, joint mobilization, myofascial methods, electrical stimulation, and ultrasound. Your PT will also work with you on improving your posture as well since this can contribute to TMJ-related pain.

Give Us A Call Today

If you're experiencing jaw pain and discomfort, it's highly recommended to contact Santa Clarita Valley Therapy Services and schedule an appointment for a thorough evaluation of your condition. Our team of physical therapists will make every effort to provide you with the pain relief you need and alleviate any discomfort you may feel while speaking, chewing, yawning, and more. Don't hesitate to reach out and let us help you regain your comfort.

What are you waiting for? Relief is just a call away, so reach out today to set up an appointment!

TMJ DISORDER



Sources: <https://www.choosept.com/symptomsandconditionsdetail/physical-therapy-guide-to-temporomandibular-joint-disorder>

MONTHLY EXERCISE



ISOMETRIC LATERAL PRESSURE

Start by sitting up straight in a chair with your back straight and your head up. Slightly open your mouth so your teeth are parted and place your fingers on one side of your jaw. Press sideways on the bottom of your jaw but do not allow your jaw to move. Hold briefly and then repeat on the other side. Continue as directed by your provider. Repeat 3 sets, 5 reps, 5-second hold.



Let's Get You Better ASAP!

Scan the QR code to visit
[SCVTherapyServices.com](https://www.scvtherapyservices.com) to schedule
your next appointment now!



Life is too short to not feel your best. Give us a call at (661) 284-1984 or visit [SCVTherapyServices.com](https://www.scvtherapyservices.com) today!

5 SIMPLE STRATEGIES FOR INCORPORATING EXERCISE INTO YOUR DAILY ROUTINE



Regular exercise is crucial to so many aspects of your health. It can prevent chronic health conditions like cardiovascular disease or diabetes, help you stay mobile well into old age, and even regulate your emotions.

Unfortunately, your workouts are often the first to slip when life gets busy. It can also be challenging to begin a regular exercise routine, especially if you have to fit it into an already jam-packed schedule.

The good news is that you don't have to work out like a professional athlete to reap the benefits of staying active. In fact, a few simple strategies can increase your daily activity levels—no matter how busy you are!

5 Easy Tips for Sneaking in Physical Activity

1. Park at the far end of the parking lot, so you have to walk a little further to get to the store.
2. Take the stairs whenever possible.

3. Do some stretches or core exercises while you're watching TV.
4. Go for a quick walk around your building during your lunch break.
5. Try a micro-workout. Micro-workouts are short, 10-minute circuit-style workouts that pack a big punch. Keep a set of dumbbells by your desk and work out on your break!

Visit Santa Clarita for More Tips!

Our physical therapists can work with you to develop a program for daily physical activity, no matter your needs. We can show you efficient strength training routines, suggest daily mobility exercises, and help you set movement goals. We can also help you resolve any pain or other conditions that might limit your physical activity.

Incorporating movement into your daily routine helps exercise feel like second nature. Schedule an appointment to get started!

GOOGLE 5-STAR REVIEW

"Great place for physical therapy. The place is clean, the front desk employees are very friendly. The services are one-on-one and great care is taken for each individual person. I highly recommend them!" - **Google 5-Star Review**



Scan the QR code to leave us a review!



FEEL BETTER BY EATING BETTER

JUICY BAKED CHICKEN BREAST

- 4 boneless, skinless chicken breasts
- 2 tsp olive oil
- 1 tbsp chili powder
- 1 tsp parsley flakes
- 1/2 tsp black pepper
- 1/2 tsp garlic powder
- 1/2 tsp cumin
- 1/2 tsp onion powder

Preheat oven to 425 degrees F. Line a baking sheet with foil and spray with non-stick spray. Place the chicken breasts between two sheets of parchment paper and pound to an even thickness. Drizzle both sides of chicken with olive oil. Combine seasonings and sprinkle generously over both sides of the chicken breasts. Bake for 20 minutes. Remove from oven and cover loosely with foil for 5 minutes before slicing.

Your health is our highest priority. Give us a call at (661) 284-1984 or visit SCVTherapyServices.com today!