



You have symptoms of TMD (jaw-joint dysfunction) and want to know your treatment options

You may need just 1, or a combination of any of the options below. We will advise what combination is best for you.

1. Do nothing

In most cases TMD is not life-threatening and whilst it might be uncomfortable, you can opt to leave the problem. It may get worse over time and doing nothing is not generally advised.

2. Attend a Breathing Retraining Course

It is known that breathing dysfunction can be a cause of tooth grinding or jaw clenching. It is thought that these are stress responses to the dysfunction. By improving your breathing patterns, your symptoms may become more manageable or in some cases resolve completely. Healthy breathing helps with good sleep, and good sleep helps your body to heal. See www.buteyko.info for more information. This course runs for 4 days, 90 minutes each day and requires around 1 hour commitment to breathing exercises every day for anything from 1 month to 3 months.

3. Wear a specially designed orthotic 24/7, to change your bite position (usually temporarily for 3 months)

By not allowing your jaw joint to “over-close”, or by “decompressing” the jaw joint 24/7 for around 3 months, we may be able to help the joint and the muscles around it to heal and relax. You have to eat, sleep, talk and do everything with this in place. After 3 months you may be able to wean from this.

4. Change your diet and detoxification

It is known that “inflammatory diets” and a need to detoxify, can adversely affect many things from sleep, to healing, to heart and respiratory rates and overall well-being. Even if you have been tested and been told that you have no “intolerances”, there are certain foods which are prevalent in modern diets which can promote inflammation in your body. These include all breads, all pastas, brown and white rice, various oils, margarines, dairy products, sugars, gluten and grains. See www.Deflame.Com and see the pdf on DeFlaming Guidelines (left side of home page) for more information. We may advise seeing a nutritional consultant, holistic GP or naturopath to help with this.

5. Lifestyle changes and other therapies

Many of us lead busy lives and find it hard to take time out for exercise, relaxation, stretching and being quiet. Some small changes to your busy schedule might help you to relax, unwind and heal. We may advise yoga, meditation practice, chiropractic treatment, seeing a life coach, having regular massage, or seeing another therapist to help with this.

The important thing to remember is that you haven't always had these pains. There are usually multiple reasons why you have gotten to this level of discomfort. Our job is to help identify those reasons and help you to address them. In most cases, there is no quick permanent fix to these problems and there are multiple causes to your problem. **By reducing the causes we can help your body to heal and give it the best chance of staying healed.**

NB:

We may need to send you for various diagnostic tests to aid with our diagnosis in the clinic. These often include but are not limited to sleep studies and x-rays. There will be costs associated with these tests.