EVALUATION AND TREATMENT OF CRANIOMANDIBULAR DISORDERS

Patient Presentation to Physician Office

- Chief complaints are ear pain/jaw pain/facial muscle pain (masseters/temporalis), headaches
- Increased pain with chewing hard foods/gum
- Often with oral habits of clenching/grinding/night time bruxing or other oral parafunction
- Symptoms worsen with stress
- Possible associated symptoms of popping/clicking in jaw
- Often with generalized ligamentous laxity
- Poor postural control, usually with a forward head position

Therapist Evaluation

- Pertinent subjective history
- Postural Assessment, including assessment of craniovertebral angle
- Passive mobility and range of motion testing for TMJ and cervical area
- Rocobado Pain Map Assessment

Therapy Interventions

- Postural correction with emphasis on proper cervical and resting TMJ position
- Pain management techniques (Ultrasound, tissue/joint mobilization, iontophoresis)
- Muscle re-education techniques including biofeedback to decrease clenching
- Therapeutic exercise program including muscle strengthening/stabilization and flexibility/relaxation as indicated
- Joint protection techniques with emphasis on addressing parafunctional activities and diet consistency modification

For more information or for an evaluation, contact one of our locations offering Craniomandibular Disorders

Ballantyne- 704-446-7040  
Monroe: 704-291-7755  
Mtn Island Lake: 704-801-3065

Pineville: 704-667-2500  
Randolph: 704-512-4420  
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