



www.treatment-for-tmj.com

TMJ Treatment Options



Welcome To Your Free TMJ Treatment Package

Hi there! Well done on taking action and taking a step towards getting your jaw back to normal.

Just in case you're wondering who I am and what I'm doing, I'll explain quickly and then we can get into the 'nitty gritty'.

My name's Will, I founded the website www.treatment-for-tmj.com and I've been helping people with their jaw problems for a couple of years now, because yes I had TMJ myself. Not so bad as a lot of people, but bad enough to make me want to fix it and that I did.

So now I thought I'd help you.

I do this by finding experts and all the right information and putting it **together in one place for you** so you don't have to.

I've been speaking to dentists, therapists, physios, acupuncturists, hypnotherapists.... The list goes on.

This is all to get the best information so you can treat the root causes of your jaw problem and fix it effectively. (Not just mask

the symptoms like a lot of 'less than impressive' treatments do
ie. Mouthguards & painkillers although they do help)

I'm doing my best to help you out and I really hope this
information does what it's intended like it did for these guys:

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"Most helpful, full of concern. Most humane approach"

"Plain honest advice that works"

*"Saved having to waste time by helping before scheduling a
visit with my doct"*

"Thanks again, the exercises are great and working .."

- A

*"Hi, I received the exercises and they are helpful. Thank
You!!"*

- MaryAnn

*"Hey, Thank you soo much!!! I've been doing the exercises
and they do help!"*

- Jane

...

Okay, enough from me. Let's get into it shall we? 😊

Self Diagnose Your TMJ

I asked my friend Dr. Alessandro Bartoletti, a practicing dentist in Pennsylvania who suffers from TMJD himself to answer some important questions in regard to TMJ. One of the most important things for you to do is to find out if you actually have TMJ.

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Here is Dr. Alessandro's advice:

There are a couple of ways to self-diagnose TMJ.

One is persistently waking up with pain, soreness, or fatigue in the muscles on both sides of the jaw, or even in the temple region.

Another is if a spouse or child tells you that they can hear you grinding your teeth when you sleep. Tooth pain is a possible way, though there are a number of other factors which can cause such a condition.

Headaches are also an indicator, though they, too, may be caused by a number of other medical conditions.

TMJ symptoms to watch out for:

- Difficulty Opening and Closing Your Mouth
- Pain In Healthy Teeth
- Sinus Pain
- Sore Jaw In The Morning
- Pressure Behind the Ears
- Difficulty To Hear
- Teeth Grinding
- Locked Jaw
- Ringing in The Ears
- Teeth Clenching
- Clicking Sounds When Opening or Closing Your Mouth
- Unexplained Pressure Behind Your Eyes
- Hearing Loss
- Unexplained Headaches

If these symptoms look familiar and they seem to happen regularly, there's a very good chance that your jaw problems are being caused by TMJD.

Alright, now we've got that sorted, what causes it and what can you do about it?

What's Causing Your Jaw Problems:

Ok so once again I'm going to throw the 'mic' over to Alessandro:

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Possible Cause 1:

There are several possible causes of TMJ. The most frequent, by far, is stress-induced overuse of the muscles of mastication, also known as the chewing muscles. When muscles get overused, they feel sore, tired, tense, stiff, and I've even heard the term "heavy" applied as a descriptor.

People will immediately rub their cheeks and side of the jawbone when asked to show where the discomfort is, and will say that it takes effort to open or close the mouth when they wake up due to the unpleasant sensation.

At times, the muscle being overused is the temporalis muscle, which **causes discomfort and soreness** in the temple area, thus feeling like a headache. With discomfort from the overuse of these muscles, other muscles of the head and neck may also tense and begin to become painful as a consequence. Most of the pain being felt is a result of the inflammation in the muscle tissues which is caused by the **muscle overuse**.

Another theory behind the cause of pain is the creation of **free radicals** within the muscle tissue which is caused by the reduction of blood flow to the muscle as a result of the constant flexing or use of those muscles. These free radicals cause tissue damage, and pain is the ultimate result.

Possible Cause 2:

The second probable cause of TMJ is TM joint-specific arthritis, trauma, or other problems, such as a tumor. This is a much less likely scenario than muscle disorder, but it can occur nonetheless.

Symptoms associated with this problem include the reduced ability or inability to open or close the jaw due to bony, cartilagenous, or tumor obstruction, arthritis-associated discomfort, or locking the jaw out of place because the jaw bone itself can slide past the joint's casing, thus keeping the jaw bone itself stuck in a forward position.

Possible Cause 3:

The third main cause of TMJ is neuromuscular in nature. This is extremely rare; it involves nerve disorders which can cause pain wherever the nerves go, which is often to the muscles and skin.

People with the disease known as fibromyalgia may experience these sorts of symptoms and pain. I listed the three main causes of TMJ; there are others, but they are extremely rare or atypical and may be nearly impossible to diagnose.

Ok, so now that Alessandro has listed the causes, you should hopefully have a pretty good idea of why your jaw is acting the way it is.

Jaw Clenching and Grinding

Ok, if you clench or grind your jaw I'm sure you're completely sick of it. It's so frustrating when you find yourself doing it or when you wake up and can tell that you've been doing it in your sleep.

There isn't a magic bullet solution for this as you can imagine. But there are preventative measure that you can take that will reduce jaw clenching, grinding and clicking.

1. Establish a healthy routine:

To help your jaw relax and function properly, it's important to promote relaxation and prevent stress. One way to do this is to do a stretching routine before bed. They can be all over body stretches, any that you like and that feel good.

Make sure to stretch your back and legs and release any tension before bed.

2. Avoid Caffeine:

Coffe lovers will hate this (I love coffee so yes I hate this too), you should try to stop caffeine intake after about lunch time.

Too much caffeine promotes hyperactivity of the muscles and can negatively affect your jaw.

3. Gentle Jaw Massages:

When you feel your jaw flaring up, you can try some jaw massages.

There are many that you can do, but [this massage](#) a great one to do that can relieve your tension quite quickly and help you stop clenching.

It's also a good idea to do this before bed if you're a night clencher.

[Free TMJ Massage Video](#)

<http://www.treatment-for-tmj.com/tmj-massages/>

4. Use TMJ exercises:

You've probably heard me talk about TMJ exercises before. You can download our free TMJ exercises here. There are 6 of them to get you started and these alone have helped a lot of people improve their jaws.

You can download the exercise pdf. File here

Dr. Alessandro On Some FAQ's

TMJ Splints/Mouthguards: How Do they Help, and How Effective Are They?

TMJ Splints/Mouthguards are used for a number of reasons.

First, they keep the teeth apart, which allows a person, if using a guard during the day, become conscious of how often he or she is bringing the teeth together in an abnormal manner.

This helps to re-establish a position of rest with regards to the jaw muscles, thus helping to reduce muscular over-use.

Second, when a splint or guard is instead used at night, it is primarily present to protect the teeth from damage that is caused by the overactive muscles, which move the jaw in abnormal directions, causing teeth to come into contact irregularly.

This irregular contact can potentially cause chipping or fractures of the teeth, and that can lead to requiring fillings, crowns, root canals, or even extractions of teeth depending on how extensive the fracture is.

TMJ Splints and Mouthguards are very effective, in my opinion, because they do largely accomplish their treatment goals if they're used properly.

I can't stress that last sentence enough: **they can only be useful if they're used as your dentist or treating doctor/specialist indicates.**

Dr. Alessandro's Experience With TMJD:

I have had TMJD since I was in college, most likely, though it was very mild back then. The condition really flared up for me when I was in dental school and going through that stressful period in time; I noticed that a couple of my lower front teeth became mildly chipped, and I would periodically have headaches.

When dental hygiene students would clean my teeth, they would tell me that my back teeth looked smooth, and ask if I had tooth-colored fillings placed. When I would reply that I actually did not have cavities in the back teeth, they would look shocked and then tell me that I must be grinding my teeth often for the wear to have made the surfaces that smooth.

Nevertheless, I did not have any kind of mouth guard or splint made because I didn't believe my symptoms and the condition warranted it.

After serving in the Navy as a dentist, and then entering private practice, my night-time grinding habit persisted, and I noticed that I was clenching my teeth together during the day as well.

As a result, and thanks to a very determined and caring hygienist named Joyce, I made an appointment to have a night guard made. She noticed that my tooth wear and chipping was worsening, and so she literally walked me up to the scheduling desk to have me make a specific appointment, at the practice I was working in, to get impressions (molds) made for a night guard.

I will forever be grateful for her caring and persistence! As it turns out, I had a hard night guard made for myself, but I didn't actually regularly use it until a number of stressful family events occurred in a span of two months.

When my teeth were hurting and I had daily headaches, I finally caved in and began using a guard every night. It has made a world of difference. In addition to the guard, I use anti-inflammatory medicines periodically (also for my knees, though), and I occasionally refer to the Physical Self Regulation instructions I detailed earlier, though I plan to use them more often as they yield results nearly immediately.

Dr. Alessandro's Advice To You...

My advice to you is to have a night guard or splint made, and then **USE IT!** There are a number of different types available: commercial "boil and bite", soft, and hard guards. I recommend the latter two, as they are custom made for you, and thus have a better fit.

The one you choose is a matter of personal preference. The soft splints are more comfortable, but if you are an active grinder, you may chew or wear them out much more quickly, this necessitating more frequent replacement. The hard variety, which is what I personally use, is less comfortable and more bulky, and costs more initially, but it lasts a very long time, therefore needing less replacement.

Anti-inflammatory medications are wonderful! They do a fantastic job at relieving muscular discomfort and reducing tooth sensitivity

which occurs as a result of clenching or grinding of the teeth. If it is safe for you to use such medication, I recommend it.

You may also use Tylenol or the generic acetaminophen, but it is not as effective. Ask your doctor or dentist which medications are right for you. If you are prescribed a muscle relaxant, then by all means use it and see if it helps. If you are prescribed an anti-depressant, then use it as indicated.

I would highly recommend that you either use the Physical Self Regulation exercises that I detailed earlier, or that you do some form of similar type of relaxation and/or breathing exercises.

Yoga is an example of a great alternative. These do help to reduce stress and bring calm into your life. Another important lesson that I learned from the brilliant Orofacial Pain specialists that I interned with: for the last half hour to full hour before bed, avoid your television, computer, tablet unit, cell phone, or any other electronic device.

These gadgets have the tendency to keep your mind racing, so your ability to relax becomes virtually nonexistent. They therefore tend to promote increased TM muscle activity and grinding of the teeth at night.

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Ok, I've given you some expert opinions and jaw health tips you can start using straight away to help your jaw.

You may have saved some money with this free report because you didn't have to pay to see a dentist to get this great info! Cool huh?

I personally think exercises and relaxation techniques are the most effective way to treat TMJ. But it will depend on your individual situation of course.

That about wraps up this section, so what now?

Where To Now

Ok, so you should be a little more enlightened as to how you might approach fixing your jaw. This is just the start and I've got heaps more helpful stuff coming your way.

If you want to now, you can go to our free video section and watch some videos from TMJ experts about how you can help your jaw.

I will be sending you a few emails from time to time when I find information that will help you. They will all be full of great content like this:

- ✓ More advice from Dr. Alessandro
- ✓ More exercises and stretches to try
- ✓ Videos and advice from other TMJ experts
- ✓ What TMJ deterioration is and how to stop it fast
- ✓ And other cool stuff....

I have also been asked by a lot of people to put together an all-in-one TMJ package, that you can **just sit at home and follow to treat your jaw.**

I'm happy to tell you that **this will be coming soon and will be absolutely packed full of great exercises, tips, videos and information to help your jaw.** I'm excited about it and so is everyone I've been speaking to.

Other than that, I really hope the info so far has helped out. If you haven't already, go try the exercises and see how they can help you out. Keep an eye out for an email from me soon for some more free and awesome resources that will help your jaw.

Disclaimer:

This report is designed to provide information in regard to the subject matter covered. It is not the intent of the author for this report to be used to self-diagnose, self-prescribe or treat any condition or disease. The information in this website is general in nature and does not, in any manner, constitute medical advice as to any reader's specific situation. The author is not a doctor and does not recommend the use of this information without your own medical doctor's approval and his/her direct supervision.

The intent, in general, is to share with you the author's own health and life experiences, in order to help you cooperate with your doctor, under your doctor's direct supervision, in your mutual quest for health.