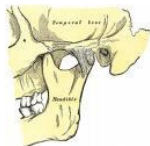




# Jaw Pain?



## Do you suffer from:

- Pain when chewing, eating, yawning
- Clicking and/or grinding
- Morning jaw stiffness
- Limited opening of the jaw
- Recent neck injury/whiplash
- Headaches

... Then you may have a temporomandibular disorder (TMD) → jaw pain from injury, inflammatory disease, and poor postures/habits.

## Tips on how to manage TMD pain:

- Rest your muscles and joints by eating softer foods, and eating smaller bites of food.
- Avoid chewing gum, fingernails, and pencils/pens.
- Avoid clenching/grinding your teeth or tensing your jaw muscles. (dental appliances may help)
- Learn ways to manage stress (breathing, relaxation exercises).

## Did you know physiotherapy can help...

- Reduce your jaw pain and inflammation.
- Increase your jaw's mobility and movement.
- Release tight muscles of the jaw & neck.
- Teach you about postural influences.
- Treatments may include: manual therapy, ultrasound, exercise, education, acupuncture.



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*Taking a step toward optimal mobility, function and health*