



Canadian Chiropractic Guideline Initiative ADVANCING EXCELLENCE IN CHIROPRACTIC CARE



Temporomandibular (Jaw) Disorder



What is temporomandibular disorder?

 Pain and difficulty with movement of the jaw due to dysfunction in the muscles and underlying joints

Will my pain go away?

- The duration and severity of pain can vary from one individual to another
- Receiving treatment may relieve the pain and help you return to activities you enjoy

What can I do?

To help speed up your recovery:

- Participate in your care with your healthcare provider
- Continue day-to-day activities even if you experience some pain (within reason)

Potential treatment options to discuss with your healthcare provider

- Education
- Self-care management and pain coping skills
- Intraoral myofascial therapy
- Cognitive behavioural therapy

Contact your healthcare provider if you experience any of the following

- Swelling, malocclusion (misalignment of the teeth and jaw), limited movement of the jaw or mouth
- Inability to close the mouth
- Headaches
- Ear aches
- Symptoms of anxiety or depression

<u>Côté P, Shearer H, Ameis A, Carroll L, Mior M, Nordin M and the OPTIMa Collaboration. Enabling recovery from common traffic injuries: A focus on the injured person (section 8).</u> Centre for Disability Prevention and Rehabilitation. January 31, 2015.

https://www.ccgi-research.com/

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