

# Temporomandibular Disorders (TMD)

Temporomandibular disorders (TMD) are disorders of the jaw muscles, temporomandibular joints, and the nerves associated with chronic facial pain. Any problem that prevents the complex system of muscles, bones, and joints from working together in harmony may result in temporomandibular disorder.

## Symptoms

- Pain or tenderness of your jaw.
- Pain in one or both of the temporomandibular joints.
- Aching pain in and around your ear.
- Difficulty chewing or pain while chewing.
- Aching facial pain.
- Jaw muscle or temporal pain in the morning
- Locking of the joint, making it difficult to open or close your mouth. Described as clicking in the jaw.
- Chronic teeth clenching.
- Neck Pain.
- Headaches.

## How Rehab Can Help

Physical therapists help people with TMD ease pain, regain normal jaw movement, and lessen daily stress on the jaw. Physical therapists are movement experts. They improve quality of life through hands-on care, patient education, and prescribed movement.

TMD is often managed by medical and dental practitioners. However, including a therapist in the treatment process can improve function, decrease pain, and help improve health-related quality of life.

## Locations

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### Brunswick

22 Station Ave. Ste. 201  
P 207.721.8411  
F 207.721.8412



### Portland

33 Sewall St.  
P 207.828.2121  
F 207.828.2190



### Windham

4A Commons Ave.  
P 207.553.7246  
F 207.892.2113