

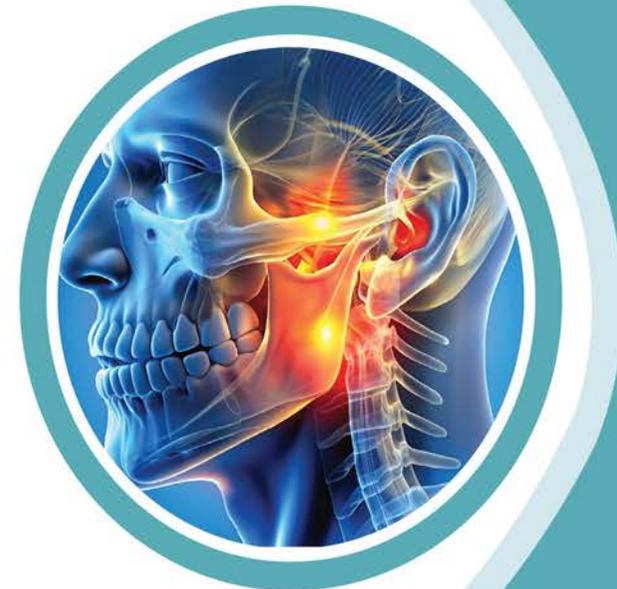
Treatment Options Include:

- Manual therapy includes joint mobilizations of Cervical and Temporomandibular Joint, extra-oral and intra-oral massage as well as postural musculature.
- Jaw exercises to help relax the muscles and lubricate the joint
- Dry needling of musculatures to help to reduce pain, inflammation and hypertonicity for muscle relaxation with use of trigger points of lateral pterygoids, masseters and temporalis muscles.
- Proprioceptive Neuromuscular Facilitation.
- Re-education of masticatory muscles for coordination, proprioception and strengthening of deep neck flexors and scapular muscles, and mobilizations.
- Posture and proper positioning for proper rest position and relaxation.

About Dr. Jenna Platt, PT, DPT

Dr. Jenna Platt is a Doctor of Physical Therapy with over 14 years of experience. She is dedicated to helping patients of all ages and skill levels achieve optimal health and mobility. She earned her Doctorate (DPT) degree from Florida International University in 2011 and has since worked in outpatient physical therapy clinics, specializing in balance dysfunction, neurological rehabilitation, orthopedic issues, sports medicine, vestibular disorders, temporomandibular joint (TMJ) dysfunction and manual therapy.

In March 2021, Dr. Platt founded JNP Physical Therapy in Temecula/Murrieta, prioritizing quality of care over quantity. Her clinic offers advanced treatments, including deep tissue laser therapy (Class IV), radiofrequency therapy (CT-9/Indiba), and specialized techniques by a certified Kinesio taping practitioner. As a Dry Needling and Graston certified PT, Dr. Platt ensures comprehensive, tailored care for each patient's unique needs. Driven by a passion for restoring movement and improving quality of life, Dr. Platt combines evidence-based techniques with a personalized approach.



TEMPOROMANDIBULAR JOINT DYSFUNCTION AND PHYSICAL THERAPY



JNP Physical Therapy

Contact Us

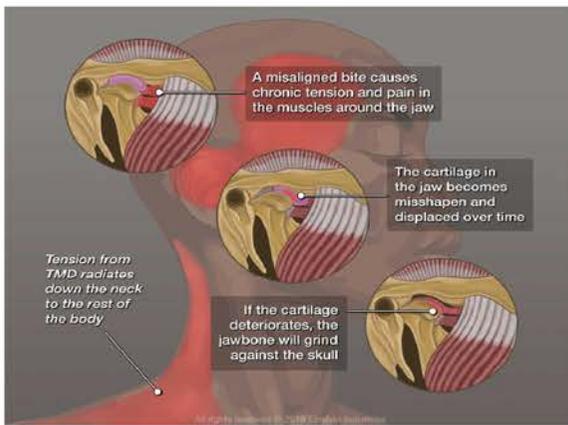
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Signs and Symptoms

- Pain that can be followed by sounds of the jaw
- Tenderness to palpation
- Limited Movement and or deviation with opening
- Headaches
- Locking, grinding and or clenching
- Tired or tight muscles of the Neck/Face/Ear/Jaw sometimes involving shoulder musculature
- Possibility of future dental issues

Physical Therapy for TMD:

- Reduces pain and discomfort associated with TMD by improving joint mobility, strengthening the muscles around the jaw, and reducing inflammation.
- Improves jaw function by teaching exercises that strengthen the muscles involved in jaw movement and improve jaw alignment.
- Promotes relaxation by including techniques such as guided meditation and deep breathing exercises.
- Addresses underlying issues that may be contributing to TMD, such as poor posture, muscle imbalances, or stress-related habits.
- Prevents future injury by strengthening the muscles around the jaw and improving joint mobility.
- Overall, physical therapy can be a safe and effective treatment for TMD, helping to reduce pain, improve function, and promote overall jaw health.

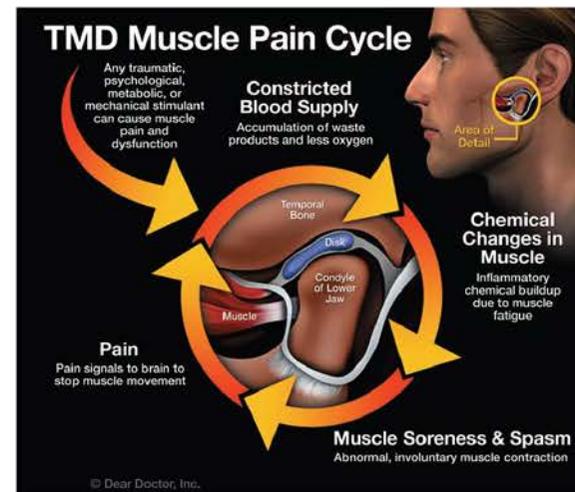
Temporomandibular Dysfunction

What is it?

Also known as TMD, is a condition that affects the temporomandibular joint (TMJ) which is the joint that connects the jawbone to the skull. Musculoskeletal disorder involving a few problems separate or in correlation involving the masticatory muscles, Temporomandibular joint, associated structures such as ligaments, disc and capsule.

Causes Include:

- Head/neck trauma
- Poor head/neck posture
- Bad habits such as teeth clenching and grinding
- Psychological factors include widespread pain, poor sleep, muscle hyperactivity and depression.



“An interdisciplinary approach between dentists and physical therapists has been shown to be more effective for the treatment of TMD than dentistry alone (1)”

Evidence shows that manual therapy, exercise and postural education are effective treatments to reduce symptoms of TMD (2)

