



CLAIRPOINTE  
FAMILY CHIROPRACTIC

## TMJ and Chiropractic

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What is TMJ? TMJ stands for the temporomandibular joint. It's an important joint formed by your skull and your jaw bone and involves the muscles needed for chewing. Your TMJ acts like a sliding hinge and connects your jaw bone to your skull. It is responsible for opening and closing your mouth, allowing the jaw to move smoothly up and down and side to side, and enables you to talk, chew, and yawn.

Chiropractic adjustments are a conservative method of treating TMJ pain and don't require the use of drugs or surgery like typical treatments.

Dr. Shoe and Dr. Alex will check your TMJ and atlas vertebrae for subluxations. Within the TMJ is a small disc that can become misshapen due to a subluxation of the TMJ. When the jaw is out of its normal alignment it will not open and close smoothly and may pop or click. Adjusting the TMJ and getting it back in to its normal alignment will slowly reshape the disc and allow the joint to function as it should. The adjustment will not only help resolve the pain, but it will help prevent TMJ pain from returning.

To assist with your adjustment a good exercise to start at home is ice therapy on the TMJ. Take a dixie cup and fill it with water and put it in the freezer. You can massage the TMJ with the ice by slowly peeling away the wax cup and massaging the ice into the TMJ muscles and really work the areas that are tender or have trigger points. This will not only help with pain management between adjustments but will also loosen the muscles to help the adjustment hold longer.

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