

Do you have trouble opening your mouth through your whole dentist appointment?

Does your jaw make popping and clicking noises when you open or close it?

Do you get headaches in a regular basis?

You may be suffering from Temporomandibular Joint (TMJ) disorder. 10 million adults in the United States suffer TMJ disorder each year, and many of these people don't even realize that they have a problem.

### **What is TMJ disorder?**

It is a problem with the joints located just in front of your ears that help you chew. These are two of the most complex and used joints in the body.

### **How do I know if I have this?**

You may experience symptoms such as

- Pain in the joint itself
- Headaches
- Facial or Jaw Pain
- Ear Pain
- Ringing in Ears
- Reduced ability to open mouth
- Popping or clicking when you open or close your mouth
- Pain and problems chewing

### **What causes and aggravates TMJ problems?**

- A trauma to the head, neck, or jaw- this could be something that happened years ago
- Grinding or clenching jaw- some people do this at night without realizing it
- Chewing gum- this increases tension in chewing muscles
- Poor posture- especially letting head go forward while looking at a computer monitor
- Trigger points and spasm in muscles used for chewing- from overuse or asymmetries

### **What can I do?**

If these symptoms are something that you experience, you are not alone. Dr. Jamie Tripp has been trained in assessing and treating the temporomandibular joint by releasing tight muscles,

## **Do You Have TMJ Disorder?**

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and strengthening weak muscles to achieve balance in the jaw. In the office, there are several tests that can be done to see if your TMJ is the source of your pain, or if a different structure is to blame.

**Call us today at (630) 448-0255 to schedule your appointment or if you have any further questions.**