

TMJ

Is your jaw pain more than just a minor nuisance?

TMD is technically the correct acronym.

WHAT IS TEMPOROMANDIBULAR JOINT DISORDER (TMD, TMJ)?

The joint that connects your jaw to the bones of your skull is called the temporomandibular joint. It's what allows you to move your jaw. A healthy temporomandibular joint allows you to chat with your friends, eat a delectable, big sandwich comfortably, and even yawn.

SYMPTOMS OF TMJ (TMD)

Visit your regular medical provider to confirm if you have TMD or not.

Talk to your doctor for a proper diagnosis.

PAIN, PRESSURE, OR RINGING IN EARS

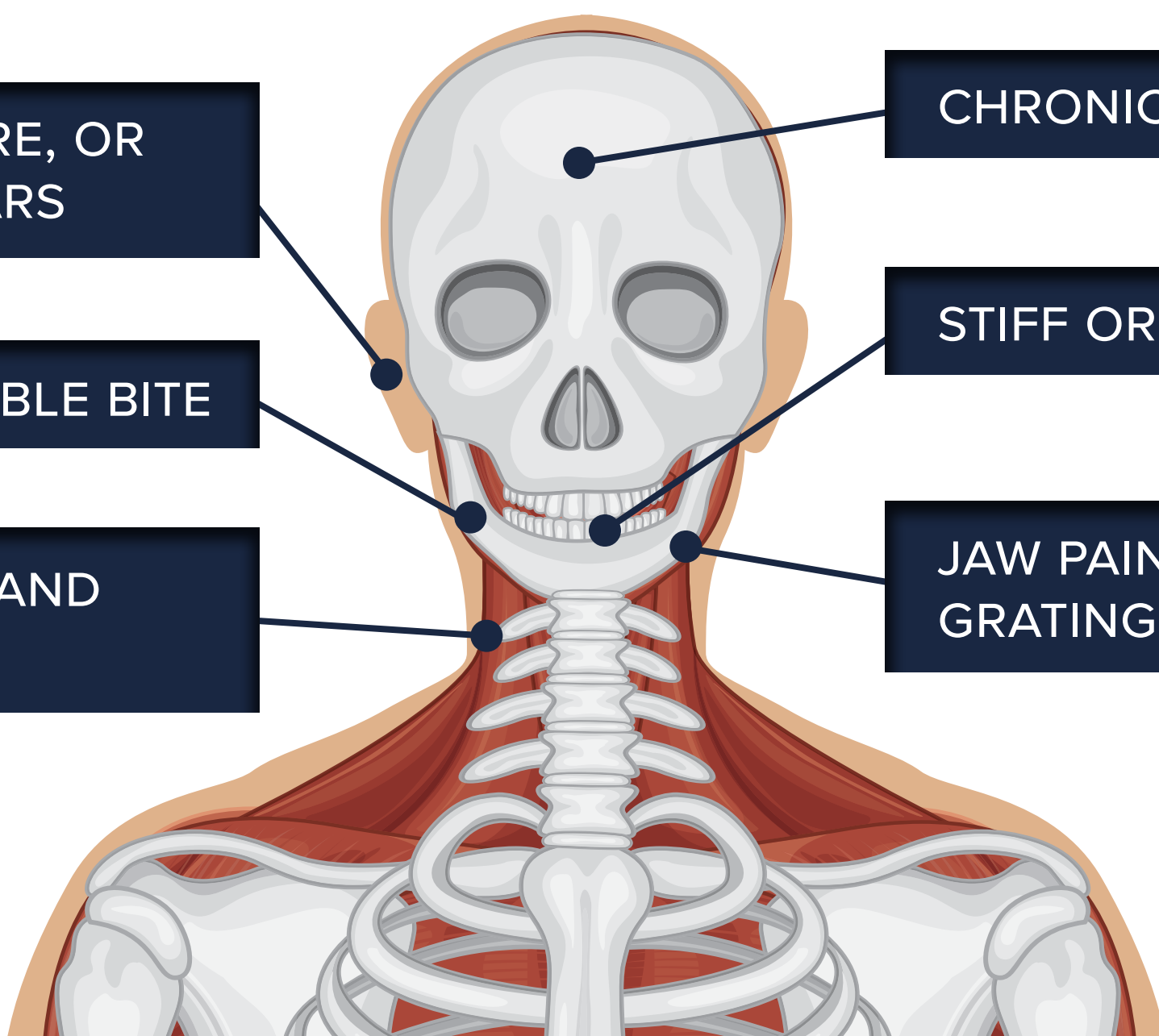
UNCOMFORTABLE BITE

PAIN IN NECK AND SHOULDERS

CHRONIC HEADACHES

STIFF OR LOCKED JAW

JAW PAIN, POPPING OR GRATING NOISE



AN ESTIMATED

10 MILLION AMERICANS

ARE AFFECTED BY A TMJ DISORDER

DON'T IGNORE YOUR PAIN
TMJ (TMD) CAN LEAD TO SEVERE HEALTH PROBLEMS.

This can make your TMD much worse!



Bone Damage



Muscle Atrophy



Tooth Loss



Malnourishment

PAIN MANAGEMENT OPTIONS METHODS TO REDUCE TMD DISCOMFORT

- ➔ **Diet Change** | Avoiding certain foods can make it easier for your jaw to heal.
- ➔ **External Therapy** | Exercises and applying heat and ice can help reduce pain.
- ➔ **Medicine** | Pain relievers are often prescribed to help manage pain.
- ➔ **Night Guards** | Used to help stop grinding and bad bite positioning.
- ➔ **Alternative Therapy** | Botox, electrical stimulation, acupuncture, and more.

YOUR DENTIST CAN CORRECT YOUR TMD PERMANENTLY WITHOUT SURGERY!

Plus, prevent future health problems



NEUROMUSCULAR DENTISTRY - THE SOLUTION

Utilizing dental procedures such as replacing missing teeth and realigning crooked teeth, your dentist can **realign your bite** and jaw back to their proper position. At the end of treatment you'll **no longer suffer** from TMD or jaw pain. You'll have a healthier bite that will help **prevent further problems** with your teeth and jaw, and as a bonus you'll have a **beautiful new smile!**

SCHEDULE AN APPOINTMENT TO LEARN MORE!

Rudnick Dentistry
RESTORATIVE • COSMETIC • IMPLANT • TMJ • LASER

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