

Contents

<i>About Us</i>	4
<i>What is TMJ Disorder?</i>	6
<i>Which muscles may be affected by a TMJ Disorder?</i>	8
<i>What Are the Symptoms of a TMJ Disorder?</i>	13
<i>Differential Diagnosis</i>	14
<i>Trigger Point Therapy</i>	17
<i>Stretching</i>	30
<i>Exercises</i>	33
<i>Your personal six week diary</i>	37
<i>Trigger Point Therapy - Treatment Assessment</i>	38
<i>Lifestyle changes to consider</i>	40
<i>More About Trigger Points and Trigger Point Therapy</i>	44
<i>Trigger Point Therapy - Frequently Asked Questions</i>	48

About Us

Niel Asher Healthcare was founded in 1997 and is now the leading online publisher of educational material and other learning resources for manual therapy.

We provide e-learning tools and services to medical and para-medical practitioners, and information, advice and self-help solutions to patients, using digital media.

We deliver continuous enhancements providing the most relevant solutions for our customers. This commitment to excellence keeps us at the forefront of this industry.

Disclaimer

This Trigger Point Workbook is intended to be used for information purposes only and is not intended to be used for medical diagnosis or treatment or to substitute for a medical diagnosis and/or treatment rendered or prescribed by a physician or competent healthcare professional.

This information is designed as educational material, but should not be taken as a recommendation for treatment of any particular person or patient. Always consult your physician or healthcare professional if you think you need treatment. Your use of this information does not mean that a doctor - patient relationship has been established between you and the authors of this guide.

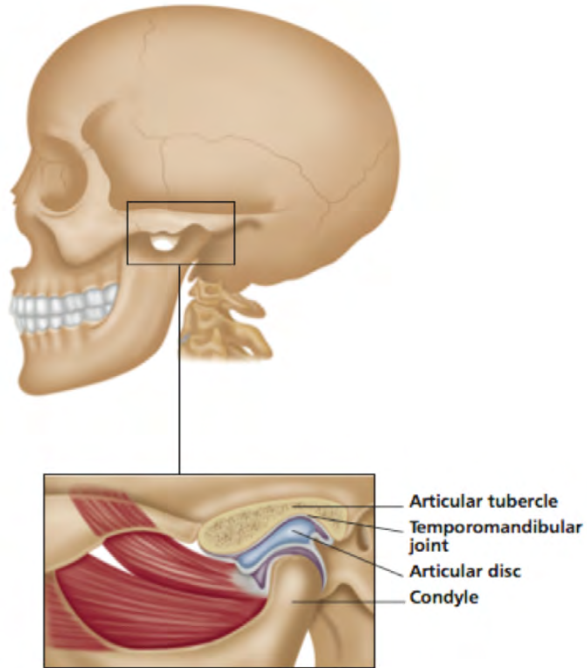
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What is TMJ Disorder?

The Temporomandibular joint (TMJ) is the name given to the jaw joint.



In front of each ear you have a temporomandibular joint that connects the temporal bones to the lower jaw bone (mandible). Attached to the mandible are muscles which enable the jaw to be moved in 3 ways; forward and backward, up and down and side to side.

This pair of TM joints are considered to be the most complicated in the body due to the combination of 3-dimensional and synchronised movements required. The section of bones that interact in the joint are covered with cartilage and are separated by a cartilaginous disc to keep the movement smooth.

If the disc moves out of place or begins to erode, there is cartilage damage or the jaw is damaged by an impact, it is possible to get TMJ disorder. The TMJs can also be impacted by arthritis and other injuries and conditions that often affect other joints in the body.

This debilitating problem is characterized by pain, stiffness, clicking, clunking or popping sounds and aching in the jaw muscles; especially in the region of the ear. It can be so annoying and painful that it can have a serious impact on the quality of life as it has been known to affect the whole body if it becomes chronic.

TMJD may be primary, as the result of anomalous jaw or bite formation, such as malocclusion or a variation in jaw joint anatomy; or it may be secondary to a variety of conditions, such as tooth clenching or grinding. TMJD changes the jaws mechanics and over time manifests in areas of tight muscles where little knots or 'trigger points' may develop.

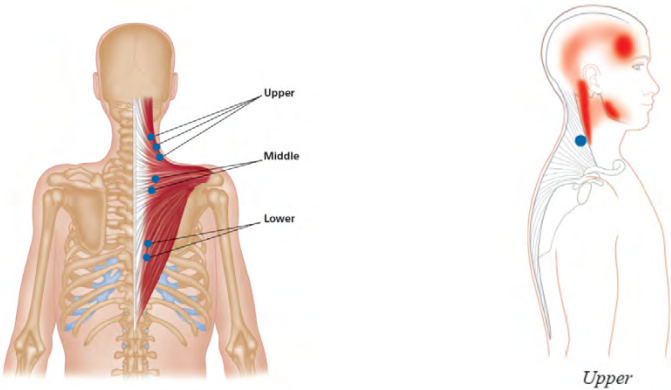
Trigger points can develop in muscles for a number of reasons especially overuse, when present they cause the host muscle to be shorter, tighter and tenser they also add to the cycle of increased input to your peripheral and central nervous system.

The really good news is that many people have found that treating trigger points with self-help is really straightforward and the results are quick, easy and when combined with stretching and some simple massage techniques can be very dramatic.

Which Muscles May be Affected by a TMJ Disorder?

(The image on the right details the trigger point and pain map)

UPPER TRAPEZIUS



LONGISSIMUS CAPITIS

