

# DOMINION HEALTH & FITNESS Inc.

## Physical Therapy

Physical Therapy is more than a treatment of an injury or illness. It is a process of treating each patient as an individual.

By considering the patient's emotional, as well as physical needs, we can better assist the patient toward full recovery.

## PHYSICIAN REFERRAL

PATIENT'S NAME:

DIAGNOSIS:

PRECAUTIONS:

- Evaluate and Treat  
 Lymphedema  
 Post Treatment Cancer Care/Education  
 Functional Conditioning  
 Therapeutic Exercise  
 Post-Mastectomy Therapy  
 Modalities (TENS, E-stim.)  
 Other: \_\_\_\_\_

COMMENTS:

FREQUENCY: \_\_\_\_\_ times per week for  
\_\_\_\_\_ weeks

Signature: \_\_\_\_\_  
(Physician signature)

Date: \_\_\_\_\_

Referrals are accepted from any physician.  
A physician's order and diagnosis are  
required for evaluation and treatment. We  
accept most insurances including Medicare.

DHF

## TMJ Rehabilitation Program

*Outcome Based Therapy &  
Wellness Close to Home*

**Dominion Health & Fitness, Inc.**

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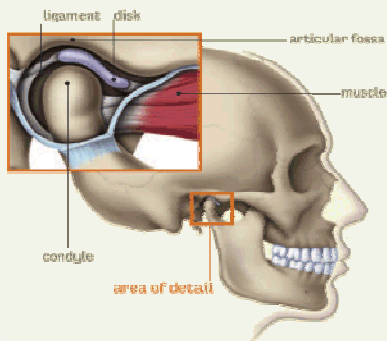
## TMJ

**Can't open your mouth to eat that sub sandwich? Jaw tired after talking on the phone? Do painful pops and clicks stop your laughing?** You may be suffering from a Temporomandibular Joint Disorder (TMJ or TMD)

Temporomandibular Joint Disorder is defined by the National Institute of Health in Bethesda, MD as, "A collection of medical and dental conditions affecting the temporomandibular joint and/or the muscles of mastication, as well as contiguous tissue components." This problem has become so common in the U.S., it is now said to affect over 10 million people.

Factors that are known to influence TMJ inflammation and dysfunction include teeth clenching, stress, physical trauma (disc derangement), hypo or hypermobility of the joint itself, myofascial pain dysfunction syndrome of the cervical region including the shoulders and back, poor posture and structural abnormalities.

### Anatomy of the TMJ



The TMJ is a hinge and gliding joint and is the most constantly used joint in the body. The round upper end of the lower jaw, or the movable portion of the joint, is called the condyle; the socket is called the articular fossa. Between the condyle and the fossa is a disk made of cartilage that acts as a cushion to absorb stress and allows the condyle to move easily when the mouth opens and closes.

## SYMPTOMS

- ◆ Head and/or ear pain
- ◆ Sore and stiff jaw muscles
- ◆ Locking of the jaw in a shut or open position
- ◆ Frequent headaches and/or neck aches
- ◆ A clicking, popping, or grating sound within the jaw joint
- ◆ Pain that worsens when teeth are clenched
- ◆ Pain with opening or closing your mouth
- ◆ Pain that worsens with stress
- ◆ Teeth that no longer touch when you bite
- ◆ Teeth that meet differently from time to time
- ◆ Difficulty using your front teeth to bite or tear food
- ◆ Teeth that are sensitive, loose, worn, or broken

## TREATMENT

Numerous physical therapy treatments and modalities are recognized as effective treatments for TMJ disorder. There is no simple treatment protocol that will effectively treat every patient with TMJ. Therefore, the treatment selection must be individually designed to address each patient's symptoms and problems.

Treatment goals for TMJ disorder addressed by physical therapy are pain relief, decreasing muscle spasm in the masticatory and/or cervical musculature, decreasing intra-articular inflammation or tendonitis, restore normal mandibular function and motion without restriction, normalizing ROM, and education for self-management of the problem.

Dominion Health & Fitness' goal is to ensure a timely and thorough evaluation followed by comprehensive physical therapy in coordination with your doctor.