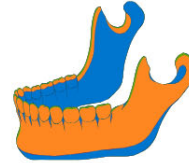


Physical Therapy for Temporomandibular Disorders (TMDs)

A safe, effective, and non-invasive treatment option

What Is It?

Physical therapy for TMDs focuses on reducing jaw pain, improving movement, and preventing flare-ups. It addresses the **jaw, neck, shoulders, and posture**—because these areas all work together.



What Does It Include?

- Gentle jaw and neck exercises to improve range and movement control
- Hands-on treatment to ease muscle tension
- Posture and jaw training to reduce strain
- Relaxation and breathing strategies
- Tips to avoid habits that stress the jaw (clenching, gum chewing, leaning on chin)



Why Try PT?

- **Relieves pain** and muscle tightness
- **Improves jaw movement** for eating, talking, and yawning
- **Decreases headaches** and **neck discomfort**
- Can help you avoid **medications, injections, or surgery**



What to Expect

1. **Evaluation** – Your therapist will check jaw movement, muscle tenderness, posture, and related neck/shoulder function.
2. **Personalized Plan** – You'll receive exercises and self-care tips tailored to your needs.
3. **Home Program** – Your daily participation between visits is key to success.
4. **Timeline** – Many people notice improvement within a few weeks.



Is It Safe?

Yes. PT for TMD is gentle and adapted to your comfort level.

Mild soreness may happen at first but is temporary.

Your effort + the therapist's expertise = lasting relief



Ask your healthcare provider if PT is right for you

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