

[IMAGE]

## Giving TMJ Pain an Adjustment

You use the temporomandibular joint (TMJ) hundreds of times every day, making it one of the most utilized structures in the human body. In fact, most people use the TMJ approximately every three minutes - every time they talk or swallow. But what is it?

The TMJ is the joint where the lower jaw joins the skull, immediately in front of the ear on each side of the head. In addition to its involvement in talking and swallowing, the TMJ also moves whenever you bite down hard on something. With this type of constant participation in common functions, it's no wonder TMJ pain can be so frustrating.

But there are potential solutions to the anguish of TMJ pain, and evidence suggests chiropractic may provide the best option. A recent study revealed that chiropractic treatment using a specific adjusting instrument eased patients' discomfort after only three visits a week for two weeks. Before treatment, patients reported TMJ-related symptoms lasting an average of eight years, but following chiropractic care, they experienced reduced pain and improvements in other symptoms, with no noted side-effects.

If you're suffering from TMJ pain, isn't it good to know there's something you can do about it? Make an appointment with a doctor of chiropractic today.

Visit [www.chiroweb.com/find/whatis.html](http://www.chiroweb.com/find/whatis.html) for more on the benefits of chiropractic.

### *Reference:*

DeVocht JW, Long CR, Zeitler DL, et al. Chiropractic treatment of temporomandibular disorders using the Activator adjusting instrument: a prospective case series. *Journal of Manipulative and Physiological Therapeutics*, Sept. 2003;26(7), pp421-5.

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