



Life Point

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Back Talk with *Dr. Alex Markel*

Jaw Pain got you grinding your teeth? There's Hope!

If you've never suffered from TMJD, sometimes simply referred to as TMJ, you likely have no idea how debilitating it can be. Symptoms may start with odd "clicks and pops" in your jaw, and range from painful to agonizing! So, what is TMJD, and why is it so painful? In simple terms, the temporomandibular joint is a joint on each side of your jaw where the jawbone and the skull connect. This is the joint you use when you talk or chew food. Most people go through their life taking this little joint for granted, but those of us with TMJD are all too aware of just how much pain one tiny little area can cause. The best sign of this disorder is the clicking sound that frequently accompanies jaw movement, but TMJD can also cause difficulty in biting, headache, earaches, neck and shoulder pain, a constant ache in the face, trouble sleeping, migraines, and even hearing loss. Yes, that one little joint can cause a world of trouble when it doesn't work properly.

Now where can you turn to get your life back? Luckily, care from a specially trained Chiropractor can go a long way toward reducing the pain that's associated with TMJ disorders! A clinical study published in December 2010, followed 46 patients with long time jaw pain that were referred from an ear, nose, and throat doctor directly to a Chiropractor. Out of the 46 patients 40 reported significant long lasting relief! That's an 87% success rate! At Life Point Chiropractic in Denton, I regularly treat patients complaining of TMJ pain with great results! So, if jaw pain is making your life difficult, the solution may be simpler than you think!