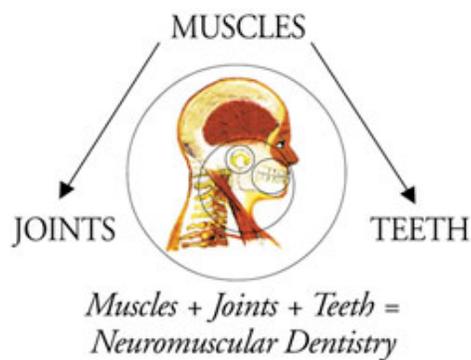


Headaches and neck pains are unfortunate problems that people deal with in life. If you have daily or weekly headaches, or days-long headaches, it is almost like robbing you of good life. Most headaches are caused by muscular tension and pain. Even severe ones. There are several reasons for these headaches. One of the most common is often called TMJ. The TMJ is the Temporomandibular joint. This is the jaw joint. Dysfunction of the jaw joint can cause pain, but the muscles that open and close your jaw go into spasm similar to a "Charlie horse."

TMJ is better called TMD or Temporomandibular Dysfunction. TMD is usually related to the way the teeth fit together, as well as clenching and grinding of the teeth.

The way that your upper and lower teeth come together (your bite) is part of a system of teeth, muscles and joints. If your teeth do not fit together properly (misaligned bite), the muscles and joints have to work hard to get them together.



Teeth, when in function should work like a fine set of gears, but if one of the gears is mismatched, something is going to break. It is the same with your jaw. Jaw joints can begin to make grinding noises and pop on opening and closing, and the muscles of the head and neck get into spasm and hurt.

Stress and tension make things worse.

Now we have what I think is the most effective way of getting folks out and this kind of pain and back into normal function. It is called **neuromuscular dentistry**.

Neuromuscular dentistry utilizes technology to help get the jaw into a relaxed position where the joints and muscles are happy, thus reducing or eliminating pain and headaches. This approach has given consistently the best results so far.

Following are some of the more common symptoms that may be associated with TMD. If you have **one or more** of them give us a call. We can help.

Sensitive teeth

Pain in the jaw

Pain in the neck
Pressure in the face
Headaches
Clenching
Grinding
Ringing in the ears
Locking jaw
Restricted opening
Vertigo