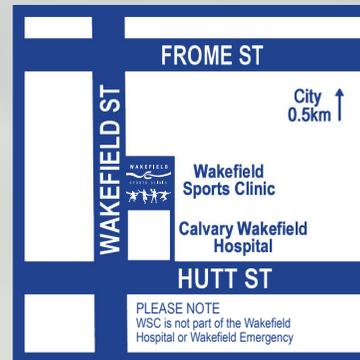


Tips for managing an acute jaw injury

- Go straight to emergency if;
 - the jaw is locked
 - when you bite down your teeth are not touching either on one, or both sides
- Have the underlying dysfunction assessed by our jaw specialist physiotherapist who will;
 - rule out other possible diagnoses
 - if required refer you to a specialist medical or dental practitioners begin local treatment to release local muscle spasm, relocate disc derangement, release capsular or ligament stiffness
 - provide education on further home exercises to restore the normal muscular strength and co-ordination of the jaw.
- For the first 3-4 days following injury, apply ice from the ear down the line of the jaw for 10-20 minutes, 2-3 times daily.
- Rest from excessively chewy foods like steak and gums and avoid foods requiring large bites e.g. Hamburgers.
- Our jaw specialist will guide you as to when and how to commence active jaw exercises.

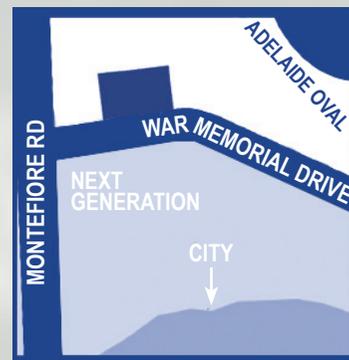
Finding us...



WAKEFIELD ST.

270 Wakefield St,
Adelaide SA 5000

8232 5566



NEXT GEN.

First Floor, War Memorial Dr
North Adelaide 5006

8221 7000

WWW.WAKEFIELDSPORTS.COM.AU

JAW & FACIAL PAIN

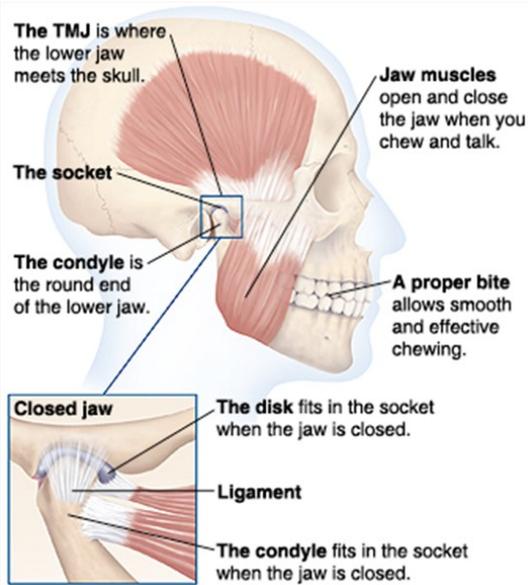
Are you experiencing a
painful or clicking jaw,
headache, and or
facial pain?

One of the most common causes is a group of musculoskeletal conditions known as temporomandibular disorders (TMD).



The best care for sporting bodies.
Leaders in orthopaedics.

Accurate assessment of Jaw and Facial pain is crucial. Our trained physiotherapist can provide comprehensive examination and diagnosis.



The treatment of TMD is aimed at resolving pain and restoring functional balance to the jaw. Specific local treatment may include release of local muscles, mobilisation of local jaw and upper neck joints. A rehabilitative exercise program will be formed for each individual.



Temperomandibular Disorders (TMD)

Generally TMD will be caused by some form of trauma. This may occur during sport in the form of contact with the ground, balls, other players or equipment. Other forms of trauma may include dental work, car accidents, facial injuries, radiation treatment for throat/tongue cancer, or excessive use through grinding, clenching or repetitive chewing.

The most common symptoms include:

1. Pain which is commonly experienced along the jaw bone, as a headache around or behind the eyes, in the teeth, gum, temples, inner ear, throat, neck or upper shoulder.
2. Limitations in mouth opening, locking, unbalanced jaw movements, and joint sounds (clicking, grating, or clunking).
3. Onset of blocked sensation, ache, or ringing in the ear.
4. Muscle spasm and tenderness in the temple, cheek or around / under the jaw.
5. Abnormal bite patterns or increased tooth wear.

OUR PHYSIOTHERAPIST TRAINED
IN JAW (TMJ) AND FACIAL PAIN:

Suzanne Jacobson

*Master of Physio (Manipulative)
APA Musculoskeletal Physiotherapist
University SA Clinical Tutor
Australian Physio Council Assessor
DMA level 1 & 2 Clinical Pilates*



AVAILABLE SESSIONS

Wakefield Street

Monday 9am - 6.40pm
Wednesday 9am - 12 noon
Thursday 1pm - 6pm

Next Generation

Thursday 8am - 12 noon
Friday 9am - 1pm

**BOOKINGS
ARE ESSENTIAL**