

youtube Video Link:

<http://www.youtube.com/watch?v=k95mHhLAdKs>

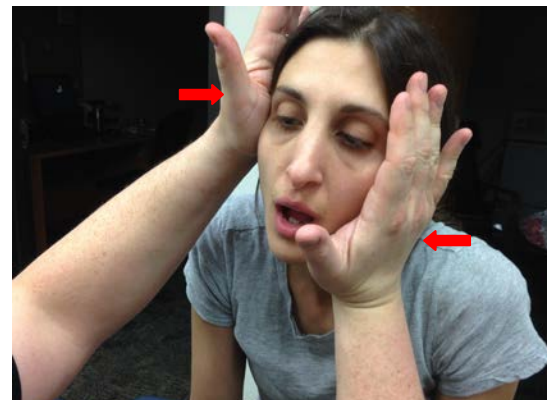
OMT Group



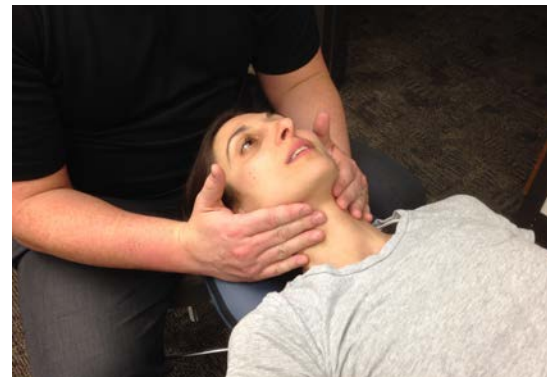
OMT for TMJ

Temporal mandibular joint disorder is often very hard to treat and dissatisfying to patients. Although OMT can be employed as a stand-alone treatment with good results I generally would recommend it as an adjunct treatment to standard care. Standard care may include referral to dentistry for mouth guards, assessing for and treating anxiety disorders, and even muscle relaxers. However while awaiting these treatments (especially mouth guards) OMT can be utilized for treatment.

Opening the TMJ: Patient seated facing provider. Provider places the palm of one hand over the temporal region and the other palm over the mandible of the contralateral side. While stabilizing the head with the temporal hand the provider provides pressure with the other hand over the mandible. The provider asks the patient to open and close their mouth slowly while continued pressure is applied. You will often hear clicking while this occurs. This is repeated until provider feels loosening of the TMJ



Loosening Anterior Muscles of Mastication: patient supine with provider at head of bed, provider contacts the anterior neck muscles and those under the mandible and performs indirect technique to address any somatic dysfunction



Lift the angle of the mandible to disengage the TMJ: patient supine with the provider sitting at head of bed, provider contacts the angle of the mandible with one finger pad and then provides upward pressure to disengage the TMJ. Provider reaches a point of balanced ligamentous tension and awaits a release.

