

## TMJ & Upper Cervical Chiropractic

The lower jaw hinges at the temporomandibular joints (TMJ) are located in front of each ear. These are the most complicated joints in the body, allowing the lower jaw to open, close, rotate and slide. The TMJs are used **over 5,000 times each day** when we chew, swallow, yawn, smile, laugh, eat, and speak.

### What Causes TMJ Pain?

One of the primary causes of TMJ pain and disorders is **damage to the joint itself**. Direct or indirect trauma can affect the TMJ and clearly cause pain and dysfunction. One of the most commonly overlooked causes of TMJ pain is trauma to the upper neck and nervous system.

### Common Medical Treatments

Common medical treatments for TMJ pain include over-the-counter and prescription drugs, splints, steroids, and surgery – **all of which can have dangerous side effects**.

### Can an Upper Cervical Correction Help?

**The most common misconception about Upper Cervical care is that it only helps back and neck pain.**

Upper Cervical care is based on the universal law of cause and effect. For every effect or symptom, physical or mental, there must be a cause.

Upper Cervical doctors recognize that the body is a self-healing organism, controlled and coordinated by the central nervous system, which is protected by the skull and spine.

*Using a gentle technique, Upper Cervical doctors locate and remove interference to the nervous system, allowing the body to heal itself naturally without drugs or surgery.*

### Align Your Spine!

If the first two bones in your neck are misaligned, communication between the brain and body is interrupted and can cause numerous health problems.

When a misalignment occurs between the head and neck at the level of the top two bones in the neck, brain to body communication is disrupted and the jaw doesn't open or close properly. **This can result in TMJ pain**, facial pain, ringing in the ears, headaches, and muscle tension.



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*If you currently suffer from TMJ pain or dysfunction and would like to seek advice from an Upper Cervical Chiropractor, please schedule an appointment today! **onetemplewellness.com***