

MASSAGE THERAPY AND TEMPOROMANDIBULAR DISORDERS

Temporomandibular disorders (TMDs) include many disorders causing jaw pain and problems with jaw movement.



MASSETER MUSCLE

The masseter muscle is the primary chewing muscle covering the sides of the jaw. It can be a major factor in TMDs. Massage therapy can help ease the pain and stiffness in this muscle.



MASSAGE THERAPY

Intra-oral and extra-oral massage are effective treatments for jaw issues. Treatment may be done under the cheekbones, over the sinuses, over the temporomandibular joints and in the temple area.



INTRA-ORAL CARE

Accessing the masseter muscle and its partner muscle, the pterygoid, is best accomplished intra-orally (inside the mouth). RMTs are trained in intra-oral massage and use gloves during treatment.



DON'T FORGET THE NECK

Tight jaw muscles and tight neck muscles are often connected, both anatomically and functionally. Your RMT can help decrease your neck pain, which can help with associated jaw pain.



RELAX YOUR JAW

RMTs can recommend exercises to both relax and strengthen your jaw muscle as well as self-care including self massage, heat and gentle jaw movements.