



NOT YOUR TYPICAL PHYSICAL THERAPY

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## **Temporomandibular Joint Disorder (TMD)**

### **What is TMD?**

TMD is characterized by jaw pain, restricted or excessive motion in the temporomandibular joint, and tightness in surrounding muscles. There are many causes of TMD including injury, arthritis or other medical conditions. People affected by TMD often experience pain with chewing and talking, and may report disrupted sleep due to jaw clenching and pain.

### **What can physical therapists do to help with TMD?**

Some physical therapists (PTs) have advanced training in treating patients with TMD. PTs may use a variety of treatment approaches to reduce joint pain and improve mobility including joint mobilizations in the jaw and cervical spine, in addition to addressing soft tissue tightness in surrounding muscles using manual techniques, such as massage, neuromuscular re-education, and dry needling.

### **What is dry needling and how can this help treat TMD?**

Dry needling is performed by a certified PT. The PT inserts a monofilament needle into a muscle trigger point or taut band, which causes reduced muscle spasm and pain. With the muscle now “reset” the patient can train this muscle to work properly again. In patients with TMD, the common areas of tightness typically include muscles around the jaw and neck.

### **What can I expect during my first visit at Run Raleigh PT?**

At Run Raleigh PT, your 60-minute initial evaluation will include a thorough history, orthopedic exam, assessment of exam findings, treatment and prescription of home exercises. At Run Raleigh PT, you will work one-on-one with a licensed PT for the duration of your evaluation and treatment.

### **How many sessions are needed to experience results?**

Typically, the course of PT treatment is 4-8 sessions, one visit per week. Most patients begin feeling improvement after the first session.

### **Does Run Raleigh PT accept insurance?**

Yes. We are an out-of-network provider. Most insurance companies reimburse 30-80% of the cost of PT services.