**What is TMD and how does Physio help**?

PHYSIOTHERAPY FOR TMD

Temporomandibular Disorder (TMD) refers to is a group of conditions which cause pain and/or dysfunction around the jaw. The most common symptoms of TMD include abnormal or restricted jaw movement, locking jaw, clicking or grinding noises in the jaw, facial or jaw pain, tenderness in facial muscles, headaches, dizziness, or neck and shoulder tightness.

TMD is a complex group of disorders and has a wide range of associated risk factors and comorbidities. The role of Physiotherapy in the management of TMD is to help restore function and form, and to manage pain and associated conditions. Physiotherapy is well placed to manage myofascial, arthrogenic, or mixed TMD and can help patients in the diagnosis of their injury and help guide them to receive the best and most appropriate treatment for their condition. Physiotherapy is effective in the conservative management of TMD as well as being a crucial part of post-operative TMD management.

Physiotherapy is a key part of post-operative care for those who have recently had jaw surgery, and should be started within 7-10 days of the operation. Early intervention after surgery has shown to reduce scar tissue, restore range of motion, and is critical to improve long-term outcomes for patients who have had surgery.

**Our Clinic**

Headspace Physiotherapy was started to provide a focused clinic for those suffering from TMD. Kolbi has many years experience with surgeons around the country and has worked with a wide array of practioners including providing training to other allied healthcare professionals.

Headspace Physiotherapy stands out in that we focus on all injuries of the head, neck, and upper limb, including headache, concussion, and dizziness. At Headspace we believe it important to understand conditions associated with TMD to treat patients holistically. TMJ/TMD Physiotherapy at Headspace includes a thorough assessment of the head, neck, and jaw, associated comorbities and activities, stress management techniques, postural advice, breathing retraining, manual therapy, dry needling, motor control training, as well as strengthening and endurance training of the surrounding muscles.

Book online today at headspacephysio.co.nz.