

It's More Than Just a Click or A Pop!!!



Dr. Rochelle Bien & Dr. Michael Goldstein

TMJ is a condition characterized by pain in the jaw joint and surrounding tissues accompanied by a decrease in the range of motion of the joint itself. There may be clicking or popping and a noticeable swing of the lower joint. Currently more than 12% of American's suffer from TMJ symptoms.

There are many causes of TMJ. These include dental procedures, autoimmune disease, biting into a large sandwich or bagel, injuries to the jaw area and infection. Once the biomechanics of the joint has been

altered, the function becomes effected and the pain ensues. Traditional treatments include pain medication, muscle relaxers and dental appliances. These are effective resources for some, but not for all, especially long term.

Stephanie P. suffered from TMJ pain for over two years since the removal of her braces. Chewing certain foods would aggravate her jaw and intensify her pain. In the beginning, she felt she could handle problem on her own by giving up chewing gum, eating oversized

sandwiches, chewy meats and certain fruits. However, she noticed that over time, just yawning and even singing, could cause an exacerbation. She was becoming disillusioned with the idea that she could fix this on her own and decided to call The Holistic Center at Bristol Square and made an appointment with Dr. Goldstein.

Upon exam, Dr. Goldstein noticed the swing shift in Stephanie's jaw as she both opened and closed her mouth, indicating a dysfunction in the biomechanics of her TMJ. After

several weeks of treatment, the clicking and popping were gone and the swing in her jaw was stabilized. She no longer suffers from the TMJ pain and has noticed that the headaches she thought were unrelated had gone away as well.

If you are suffering from TMJ pain, do not hesitate to contact The Holistic Center at Bristol Square, located at 1426 Main Street, Walpole. Call (508) 660-2722 and make your appointment today. With the assistance from Dr. Goldstein, everyday tasks can be enjoyable again.