

Temporomandibular (TMJ) Therapy



**You have a choice in where to go
for physical therapy!**

Choose Northern Rehab!



- Temporomandibular (TMJ) symptoms include pain with eating and talking, headaches, and pain that radiates throughout the jaw, face, and neck.
- Common causes of TMJ include clenching and grinding teeth, dental problems, trauma, motor vehicle accidents, poor posture, neck stiffness, and stress.
- Treatment includes education on self-treatment, specific exercises to establish proper muscular control of the neck and jaw, and hands-on manual therapy techniques to restore natural range of motion and reduce pain.

Why choose Northern Rehab?

- Northern Rehab physical therapists specialize in treating patients with TMJ disorders.
- We provide cost-effective, hands-on care in a fun, friendly atmosphere.
- We have been a preferred provider for thousands of clients for over 40 years.
- We strive to develop collaborative relationships with our patients and health care professionals.
- We are an independent, physical therapist owned practice.

northernrehabpt.com
815-756-8524

See our five convenient locations on the back of this card.