

You have a choice in where to go for Physical Therapy!

Choose Northern Rehab First!

A physical therapist-owned local business, **Northern Rehab Physical Therapy Specialists** provides quality, skilled hands-on physical therapy with an emphasis on one-on-one physical therapy care provided by the physical therapist. **Northern Rehab** strives to treat patients in a professional, yet fun and friendly atmosphere while working closely with other health care providers.



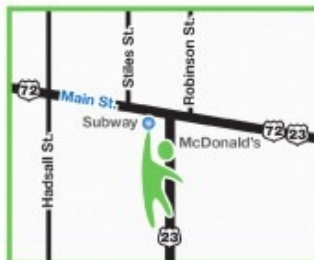
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Voted Best Physical Therapists 11 years in a row!



DeKalb

3266 Sycamore Rd.
DeKalb, IL 60115
Located at the corner of
Bethany & Sycamore Roads,
by the UPS Store
Phone 815-756-8524
Fax 815-756-1841



Genoa

540 East Main St.
Genoa, IL 60135
Genoa Shopping Center
At the corner of Routes 23 & 72,
across from McDonald's
Phone 815-784-6417
Fax 815-784-3178



Rochelle

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Rochelle, IL 61068
Holcomb Bank Professional Park
Located between Dunkin' Donuts
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Self-Treatment For Jaw Pain



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815-756-8524

TMJ Self—Treatment

Temporomandibular joint (TMJ) disorders result in pain focused in the area of the jaw and face with activities such as chewing, yawning, and clenching your teeth. The following exercises and self-treatment recommendations have been made by the physical therapists at **Northern Rehab** who specialize in treating these conditions. If you get only partial improvement with implementation of these suggestions, further follow-up with a Northern Rehab physical therapist to be evaluated for hands-on treatment may be appropriate, especially if you also experience neck pain/stiffness and headaches.

A doctor's prescription is not required for physical therapy. This means you can start feeling better right away! Choose physical therapy, Choose Northern Rehab First!



Self-Treatment Recommendations

1. Limit activities such as nail biting, gum chewing, pen chewing, and clenching/grinding teeth.
2. At rest, the tip of the tongue should be at the ridge of the roof of the mouth with the front one third of the tongue on the roof of the mouth.
3. Teeth position: the teeth should be 2-3 mm apart at rest.
4. Your lips should be lightly together as you breath through the nose.
5. Keep the tip of the tongue up on the roof of the mouth when yawning.
6. Avoid sleeping in the prone (face down) position.
7. Do not rest your chin in your hands.
8. Soft diet: avoid hard crunchy foods.
9. Cut food up into small bites.
10. Warm water rinses—rinse your mouth out with warm water 2 times per day.
11. Apply moist heat to the jaw muscles for 15 minutes 1-2 times per day.
12. Perform TMJ exercises 5-6 times per day.

TMJ Exercises

Isometric opening—Apply a very gentle force with one finger under your chin as you keep your teeth slightly apart and your tongue up on the roof of your mouth. Hold for 5 seconds and repeat for 5 -10 repetitions.



Controlled opening—Keep your tongue up on the roof of your mouth as you slowly open and close your mouth 5 -10 times.

