

TEMPOROMANDIBULAR JOINT DISORDER (TMJ disorder) and BOWEN THERAPY

TMJ disorder is a term that is used to describe acute or chronic pain in the jaw and in the muscles of mastication. Many individuals with TMJ disorder have a difficult time completely opening and closing the mouth without pain. Biting or chewing may be difficult or cause discomfort/pain. The jaw maybe tender or painful with or without a click, pop, or grinding sound when opening or closing the mouth. Tinnitus, a condition characterized by various noises in one or both ears, may respond to Bowen therapy, particularly if the root of the problem is a musculoskeletal issue, such as TMJ disorder. Other symptoms of TMJ disorder include: blinking, pain in the face, neck and shoulder, headaches and earaches (particularly in the morning), and

dizziness.

Dr. John Bauman, DDS completed a research project on TMJ disorder. One third of patients felt dramatic relief of their symptoms immediately after the first Bowen treatment. Dr. Schrader has found that most patients require 2-3 Bowen treatments for long term relief from TMJ disorders. Subsequent treatments maybe necessary for individuals that manifest stress through clenching at night or have trauma to the jaw (ie. Motor vehicle accidents, contact from sports, or opening the mouth for extended periods of time such as after a visit to the dentist).



Dr. Schrader performing the TMJ procedure.