

Book online -

www.jawphysio.com.au

**Queries,
medical referrals/ letters to;
jawphysiotherapist@gmail.com**

**We have offices North & South
of the River in Perth.**

Techniques used;

- **Hands on physio
(no neck cracking)**
- **Massage**
- **Scar tissue therapy**
- **Graston technique**
- **Ultrasound**
- **Dry needling**
- **Jaw & neck Pilates**
- **Spinal neutral postures**
- **Work & car ergonomic**



Director - Leigh Ray

**We only treat headaches, migraines,
jaw pain, ear pain/noise, and neck
pain .**

**80% success rate:
Usually takes 4 sessions for jaw pain /
dysfunction.**

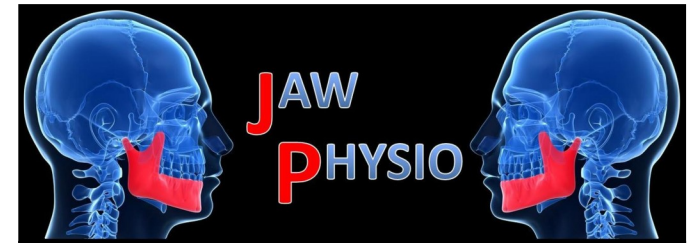
**Usually 6 sessions for migraines and
headaches.**

**You will know by the 2nd or 3rd ses-
sion whether our techniques are work-
ing for you, as you will have around
50% reduction in symptoms.**

**Most cases respond by dampening
down of the cervico—trigeminal nucle-
us, via the top 3 neck joints.**

**Differential diagnosis of other pain
structures from the jaw are assessed.**

**We don't just treat the neck, we treat
the whole head!**



**Experts in;
Migraines, Headaches,
Jaw Pain
(Temporomandibular Dysfunction),
Ear Pain/Noise & Neck Pain**

**Leigh pioneered her techniques
working on Harley St in London,
2008. She was also seeking advice
for her own jaw! And found many
therapists and doctors were lacking
in experience in this area.**

No GP Referral Needed

**Jaw Pain / dysfunction = TMD.
TMD is due to many medical condi-
tions accumulating over a lifetime,
which increases the clench reflex and
cause pain (in a majority of cases).
More explained inside the brochure.**

**Anxiety can occur with this condition,
we find reducing the pain and giving
you tools to manage your condition to
promote good health allows you to be
as drug free as possible.**

**Our clients travel from all over Aus-
tralia and the world.
If it isn't 50% better by the 3rd
session we refer onto the correct
specialist or Oral facial Surgeon.**

Clenching = is not often identified by your dentist, as it is low loading/meeting of the back teeth, which most of the population do at night (it is normal). An increase in this clenching caused by other medical conditions increasing the clench reflex is what causes problems & pain. This will need Jaw Physio, and we are seeing that the lower night splints work better for this condition.

Grinding = high impact on front teeth, which causes the teeth to break. This is usually managed by your dentist with a top night splint. (If you have headaches as well, talk to your dentist about having a lower night splint, as this seems to work better).

Triggers For Clenching

Respiratory Blockages;

Sleep apnoea, sinusitis, deviated septum's, broken noses, rhinitis, adenoids, and hypermobility leads to floppy airways, and all have a huge impact on reducing air to your body. This information greatly increases the clench reflex and thus TMD/headaches.

Cows Milk;

No health problems, but you drink lots of cows milk? and have high allergies?!! This leads to a lot of sinusitis and headaches. Cows milk is designed for baby cows, not baby humans. Talk to your nutritionist on a health breakfast & diet.

Gut Issues;

Research is showing that the bad gut bacteria produces toxins that gives headaches.

Anaemia, IBS, Crohne's disease, constipation, diarrhoea etc also sends information to the brain which increases the clench reflex and thus TMD/headaches.

Hormonal Changes;

Teenagers, start of menstruation, menopause, abnormal hormonal changes, normal menstruation cycle, change of contraceptive pill, all lead to information to the brain that change has occurred and increases the clench reflex and can lead to TMD/headaches.

3 days before your period you release inflammatory products, this can greatly aggravate TMD or neck pain. It is important to know how to recognise the signs & how to reduce them—rest, sleep, anti inflammatory, or using the pill full time.

Medication;

A change in medication; starting, increasing or decreasing or stopping sends information to the brain for up to 3 months post starting or stopping. This info can increase the clench reflex.

Not all anxious people respond well to neurogenic or anti depressant drugs, some feel an increase in jaw muscle tension.

If you can, look at long term solutions; better diet, counselling, psychology, spiritual care to change the neural pathways that deal with pain.

Other Conditions;

Thyroid, Auto-immune disorders (Lupus etc), again input into the brain that chemicals are not normal, which increases the clench reflex and can lead to TMD / headaches.

Stress;

Can also input into the brain and increase the clench reflex, however it is rarely the only reason why TMD occurs. It is usually a build up of poor health, and then stress is 'the final straw' and you get jaw pain.

Team Approach

Many therapists need to be involved with this condition.

- Dentist / Specialist for night splint
- Nutritionist for Guts
- Sleep Studies for sleep apnoea
- ENT for respiratory blockages
- GP for correct pill/Merina for hormonal headaches, excessive inflammation
- Counsellor / Psychologist / Spiritualist for changing how we recognise pain with past behaviour conditioning to circumstances and how to change our neural pathways.

We excel by assessing your priority of health concerns & which specialists you need to see in which order, reducing time & money.

Tips

Ice your sore jaw/neck not heat, it is rarely just muscle pain. Inflammation is the bigger cause of pain. 20 min every 2hrs if sore.

Rest in the afternoon, take gravity off your head and neck for 30min.

Soft diet, less talking, no chewing gum, no chewing a pencil!