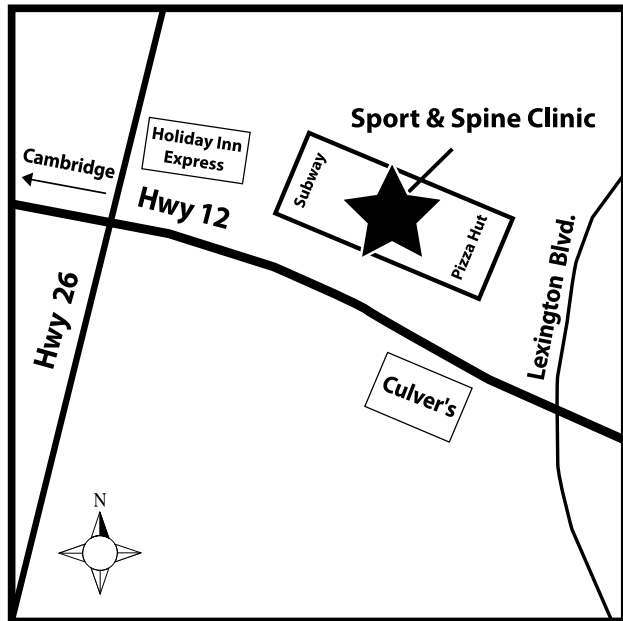




SPORTANDSPINECLINIC.COM

FORT ATKINSON CLINIC

1550 Madison Avenue, Suite 102
Fort Atkinson, WI 53538
T: 920-568-9739 F: 920-568-9742



All services at Sport & Spine Clinic of Madison are available without discrimination to all program participants regardless of race, color, national origin, handicap or age.

Do you experience any of the following on a **REGULAR BASIS?**

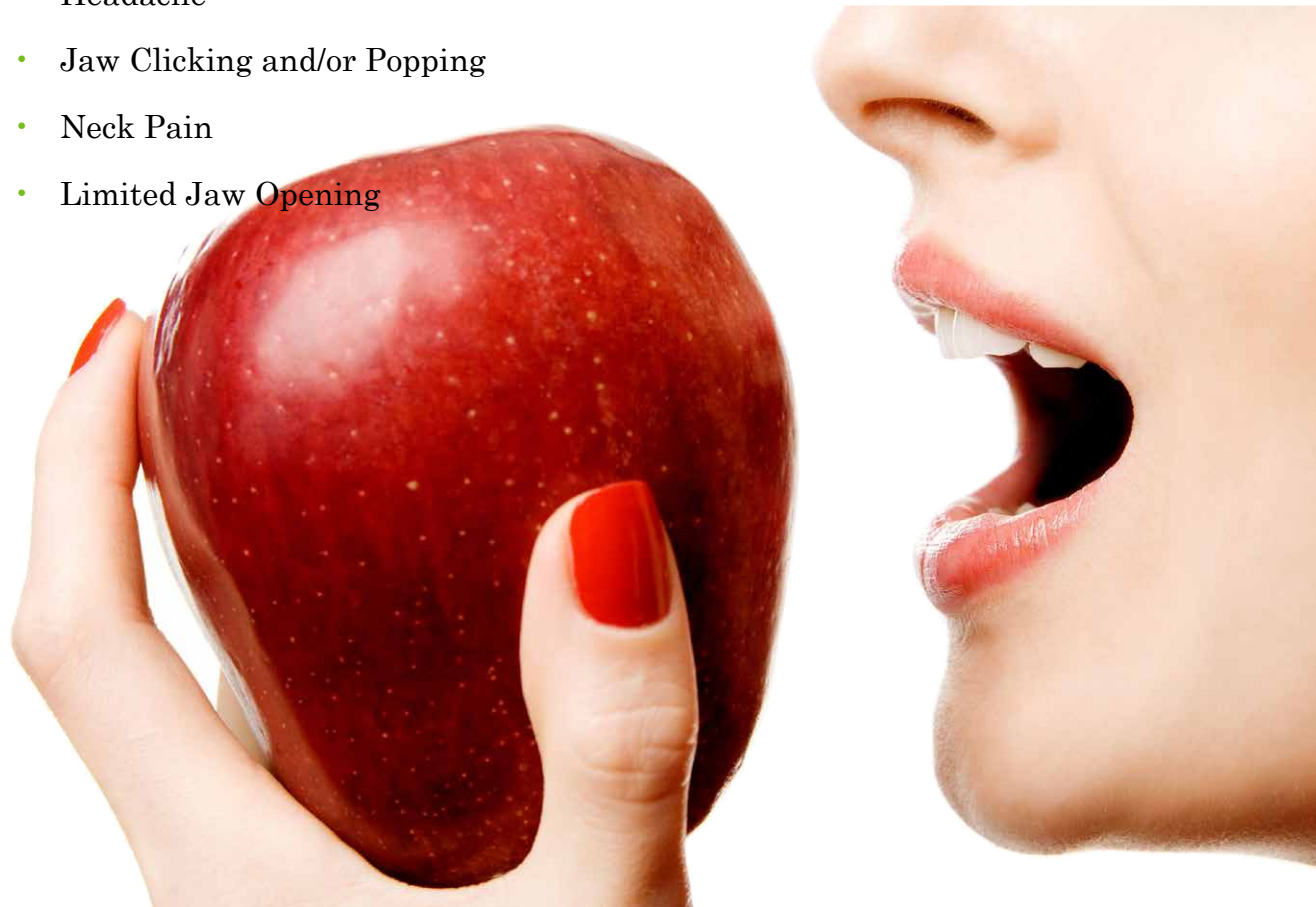
- Face or Jaw Pain
- Ear Pain
- Tinnitus (ringing in the ears)
- Dizziness
- Headache
- Jaw Clicking and/or Popping
- Neck Pain
- Limited Jaw Opening

There is hope for **TMJ Pain**

 (TEMPOROMANDIBULAR MUSCLE & JOINT DYSFUNCTION)



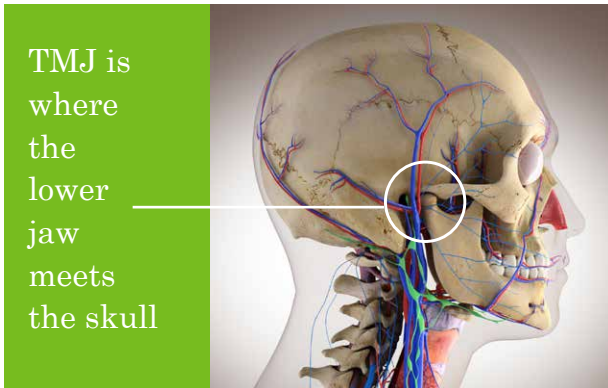
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What is TMJ

The **temporomandibular joint** or **TMJ**, is a complex joint located in front of each ear. It is responsible for allowing mouth opening and closing. When the TMJ is not working correctly, you may experience jaw pain, clicking, popping, or locking of the joint. You may also experience headaches, neck pain, sinus pain, dizziness, and ear ringing or pain. TMJ pain or Temporomandibular Dysfunction (TMD) is not strictly limited to the jaw, it can also be influenced by the alignment of the head and neck.

The goal of **Physical Therapy** treatment for **Temporomandibular Dysfunction (TMD)** is to provide pain relief using a variety of techniques to improve your range of motion through exercise and manual therapy and to improve posture and muscle imbalance. There may be modifications to your activities or work station that would be helpful as well.



Your Treatment



Sport and Spine Physical Therapist **Peter Rahn, MPT, PT**, has been extensively trained in the treatment of TMD by Dr. Rocabado, the world's pre-eminent authority in the treatment of TMJ disorders from a craniocervical perspective.

Professor Rocabado has pioneered numerous treatment techniques for the dentist and physical therapist and has published much of his work in this field. These treatments incorporate specific manual therapy and muscle energy techniques for the cervical spine and mandible.

Pete will work closely with your Dentist or Physician to establish an individualized treatment plan based on results from a comprehensive evaluation. The most current treatment options will be utilized to ensure the best outcome for decreased pain and improved function.

Your treatment will include, but is not limited to:

- A comprehensive evaluation of head, neck, and jaw
- Education regarding the diagnosis and related head, neck, and jaw dysfunction. This includes addressing any of your questions or concerns.
- Individualized program specific to your needs including modalities, joint mobilization techniques, soft tissue mobilization, postural education, neuromuscular reeducation and TMJ management techniques.
- Collaboration between referring physician or dentist to ensure comprehensive and integrated care.

Prescription

Date: _____

Patient: _____

Diagnosis: _____

EVALUATE AND TREAT

FREQUENCY AND DURATION

_____ times/week for _____ weeks

I certify the above treatment plan is necessary

Dentist/Physician

Date



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