

CLINIC CONVERSATIONS



WE ARE YOUR
HEALTHCARE TEAM

MIDWESTERN UNIVERSITY CLINICS NEWSLETTER

Fall 2015

Temporomandibular Disorder (TMD)

The temporomandibular joints, which connect the jaw to the skull, are located in front of the ears on each side of the face and move thousands of times per day during normal function. Sometimes people notice their jaw might click or pop when they open their mouth, which can become problematic if it is associated with pain or interferes with function. When the temporomandibular joints and the muscles associated with them no longer work in the smooth coordinated way they are intended to, this is called Temporomandibular Disorder (TMD).

Physical therapists, dentists, and osteopathic physicians specialized in the treatment of TMD and other orofacial pain and headache conditions work together to provide patients with a comprehensive evaluation and individualized treatment plan to manage their problems.

Tips for maintaining good jaw health:

- Avoid grinding and clenching your teeth by keeping them slightly apart with your jaw relaxed
- Avoid chewing on items that are not food, like pens or fingernails
- Limit your jaw opening during yawning or chewing to no more than two fingers wide
- Rest your jaw muscles by avoiding heavy chewing on gum, bagels, ice, tough meat, or hard candy
- Take smaller bites of big foods like hamburgers and apples
- Maintain good head and neck posture when sitting and walking



TMD symptoms can include:

- Pain in the face or teeth
- Headaches
- Problems opening or closing the mouth
- Catching of the jaw during movement
- Earache or ear ringing
- Painful joint noises



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Managing Vertigo

Experiencing a brief sensation of dizziness or vertigo when rolling in bed towards one side, getting in and out of bed, bending over and straightening up, or looking up may be a symptom of Benign Paroxysmal Positional Vertigo or BPPV. Dizziness may be associated with a feeling of lightheadedness or nausea and may even lead to vomiting.

BPPV is caused by loose particles within the ear known as calcium carbonate crystals or rocks. With changes in position of the head, the rocks settle to the lowest part of the ear generating a sensation of vertigo. For 33% of individuals, the vertigo will resolve within one week. For those individuals that the dizziness persists, a physical therapist specializing in vestibular rehabilitation can evaluate and treat BPPV. With one treatment session, the success rate is 80%. While medication is not effective in treating BPPV, it can be used to decrease symptoms.



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Midwestern University Clinics are a one-stop solution for comprehensive family healthcare at state-of-the-art facilities.

Midwestern University Dental Institute:

a comprehensive dental clinic providing a wide-range of treatments conducted by student-dentists in the final years of professional education under the close supervision of faculty mentors.

Midwestern University Speech-Language Institute:

expert faculty speech-language pathologists team with graduate student clinicians to address communication and swallowing challenges of children and adult clients.

Midwestern University Family Medicine Practice/ Osteopathic Manipulative Medicine (OMM) Clinic:

fully-licensed osteopathic doctors who employ a holistic philosophy to healthcare – treating the entire family with an emphasis on preventative medicine and health maintenance.

Midwestern University Physical Therapy Institute:

provides outpatient services highlighting the expertise of our physical therapy faculty, whose goal is to return patients to the highest level of function and wellness possible utilizing evidenced-based practice, compassion, and outstanding service.

NOW OPEN – Midwestern University Eye Institute:

your source for exceptional eye care at affordable prices, including optical retail services that offer a wide selection of eyeglasses and contact lenses.



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