

NEWSLETTER



ARE YOU LIVING WITH JAW PAIN? TMJ COULD BE THE CULPRIT

2024

How Can A Physical
Therapist Help
With TMJ?

Feel Better By
Eating Better

4 Tips To Avoid
A Winter Slump



ARE YOU LIVING WITH JAW PAIN? TMJ COULD BE THE CULPRIT

Do you suffer from headaches, grinding of your teeth, clicking of your jaw, or even ear pain? You're not alone! These can all be signs of a condition known as Temporomandibular Joint Disorder (TMJ).

This is a disorder of the jaw muscles and nerves caused by injury to the TMJ (the temporomandibular joint), which is the joint between your jaw and skull. A physical therapist can take a look at your symptoms and help to diagnose you if this is what has been causing your discomfort!

If you're living with this condition, don't fret! The skilled physical therapists at Albanese Physical Therapy are here to help you find true pain relief once and for all. Call our clinic today and cut the cord tying you to your pain!

COMMON CAUSES OF TMJ DISORDER

According to ChoosePT, TMJ disorder is so common that it currently affects more than 10 million people in the United States. That's a lot! There are several reasons you may be experiencing symptoms of temporomandibular joint disorder.

Multiple factors contribute to the muscle tightness and dysfunction that characterize this condition. Most often, poor posture and neck alignment change the pull of the muscles that make your jaw move. This causes painful grinding and irritation of the temporomandibular joint.

Other causes may include:

- Poor alignment of or trauma to the teeth or jaw (malocclusion)
- Clenching of the jaw (bruxism)
- Lockjaw (trismus)
- Teeth grinding
- Poor posture
- Stress
- Arthritis or other inflammatory musculoskeletal disorders
- Excessive gum chewing

When you see a physical therapist for pain relief for TMJ disorder, they may ask you questions about your daily life, including stressors and chronic conditions that could be causing your pain.

SYMPTOMS OF TMJ

There are several ways to know if you may be dealing with TMJ, although the best way to find out for sure is to visit Albanese Physical Therapy!

The bad news is that this condition can make everyday things such as talking and eating pretty uncomfortable. The good news is that a lot can be done to help TMJ disorder, first starting with a thorough evaluation of your problem with our expert physical therapists!



Has Your Pain Come Back?

Don't hesitate to schedule an appointment to discuss your personalized treatment plan.

(724) 419-8927



FREE SCREENING

Schedule your free screening today!

(724) 419-8927

HOW CAN A PHYSICAL THERAPIST HELP WITH TMJ?

Dentists and orthodontists aren't the only ones who can treat TMJ disorder. Physical therapists can as well. At your first appointment with Albanese Physical Therapy, a thorough examination of your neck, shoulders, and thoracic spine will be performed to determine whether those structures are causing your symptoms.

Once the root cause of your problem has been discovered, a comprehensive plan can be developed to quickly relieve your pain and restore natural movement to your temporomandibular joint. Furthermore, our physical therapists will teach you techniques for regaining normal jaw movement for long-lasting results.

The focus of physical therapy for TMJ is relaxation, stretching, and releasing tight muscles and scar tissue. In most cases, physical therapy can resolve TMJ and prevent the need for surgery.

However, in cases where surgery is absolutely necessary, physical therapy is a vital part of the recovery process, as it helps minimize scar tissue formation, muscle tightness and allows for a complete recovery.

Your recovery plan may involve a range of procedures and modalities, such as jaw exercises, soft tissue massage, joint mobilization, myofascial methods, electrical stimulation, and ultrasound. Your PT will also work with you on improving your posture as well since this can contribute to TMJ-related pain.

GIVE US A CALL TODAY

If you're experiencing jaw pain and discomfort, it's highly recommended to contact Albanese Physical Therapy and schedule an appointment for a thorough evaluation of your condition. Our team of physical therapists will make every effort to provide you with the pain relief you need and alleviate any discomfort you may feel while speaking, chewing, yawning, and more. Don't hesitate to reach out and let us help you regain your comfort.

What are you waiting for? Relief is just a call away, so reach out today to set up an appointment!

Sources:
<https://www.choosept.com/symptoms/conditions/detail/physical-therapy-guide-to-temporomandibular-joint-disorder>



FEEL BETTER BY EATING BETTER

HUMMUS & PITA PLATE

The lunchtime sandwich may be the standard option for a school lunch, but let's face it: slapping the same smears onto bread — day after day, week after week — can leave kids and parents a little bored. Here's our suggestion for a healthy nut-free, sandwich-free lunch!

Nine out of 10 kids love a good hummus — why not make it the star of the show?

Pack with things like: Salami, hard boiled eggs, olives, carrots, baby tomatoes, apple slices and grapes (note that dipping is easier and less messy if you pack the hummus in a separate container). Whatever your child loves will work!



Get Your Life Back with Albanese Physical Therapy

Schedule your appointment to start living your life again, pain-free by scanning the QR code and visiting albanesephysicaltherapy.com





4 TIPS TO AVOID A WINTER SLUMP

Are you feeling a little down this winter? If so, you're certainly not alone. The winter season is a tough time for many people. The lack of sunlight, cold weather, and shorter days can lead to the winter blues, which causes people to feel tired, lethargic, and less motivated.

The winter blues can be triggered by seasonal affective disorder, which causes some people to experience depression during the winter months. The most common symptoms include feeling down or sad, having trouble concentrating, sleeping too much, and gaining weight.

Thankfully, there are many ways to reverse your winter slump and beat the winter blues, including:

1. Exercise more: Exercise is one of the best ways to improve your mood. It releases endorphins, which are hormones that create a sense of happiness and euphoria. Exercise also releases serotonin, a neurotransmitter that can help with feelings of anxiety, stress, and depression.

If you're not one to brave the cold weather, know that there are plenty of indoor exercises that can give you a great workout, such as yoga or pilates.

2. Socialize more: Spending time with friends and family lifts your mood and improves your mental health and self-esteem. Feelings of depression thrive when someone feels isolated, so it's crucial to surround yourself with a healthy and loving support system.

3. Take care of yourself: Get enough sleep, drink lots of water, eat healthy food and take breaks from work when needed to refresh your mind. Remember that your health is your greatest asset and should be your number one priority at all times.

4. Get a hobby: Now that it's getting colder, you're likely spending a lot more time inside. Now is the perfect time to pick up a hobby! You could learn to play an instrument, practice your drawing or painting skills, learn to sew or embroider, or start an indoor herb garden.



NEW YEAR, NEW INSURANCE BENEFITS!

With a new year comes a fresh start to an all new you! Starting at the beginning of 2024, your insurance benefits have renewed. This means a whole new year to make the most of your benefits.

Let Albanese Physical Therapy help you on your journey to becoming strong, healthy, and active in 2024.

Thank you for your help in my recovery. The facility is very well maintained and the staff is courteous, as well as very professional. The staff is willing to answer any questions that I may have and provide any recommendations to better my health during my time in recovering from my procedure.



Google 5-Star Review



FIND US

801 Fifth Ave
New Brighton, PA 15066

OUR HOURS

Monday & Tuesday: 8 AM - 5 PM
Wednesday: 8 AM - 12 PM
Thursday & Friday: 8 AM - 5 PM
Saturday & Sunday: Closed

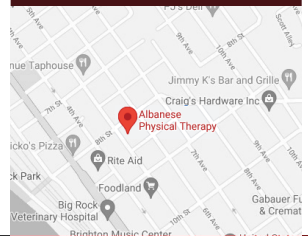
CONTACT US

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Have You Been Loving Albanese Physical Therapy?

We would love to hear your story! Scan the QR code to visit our Google Review page to leave us a 5-Star Review!

HAS YOUR PAIN COME BACK? SCHEDULE YOUR APPOINTMENT TODAY!

ALBANESEPHYSICALTHERAPY.COM