

TMJ/Jaw Pain & Dysfunction



What is the TMJ?

TMJ refers to problems affecting the temporomandibular joints, which are the joints that connect your jaw to your skull, just in front of each ear. These joints allow you to talk, chew, yawn, and swallow.

When these joints or the surrounding muscles don't work properly, it is called TMJ disorder.

👉 In simple terms: **It's a condition that affects how your jaw operates.**

Why do cervicogenic headaches happen?

These problems normally stem from when the joint within your jaw or the muscles that surround it are overused or irritated.

Common causes include:

- Grinding or clenching your teeth
- Poor posture where your head is held forward
- Poor alignment of your teeth
- Jaw tension due to stress or anxiety
- Previous jaw injury
- Prolonged dental procedures or use of orthodontic devices
- Arthritis

Common symptoms

Jaw Symptoms

- Pain
- Clicking, popping or grinding
- Locking or catching
- Difficulty fully opening

Head & Face Symptoms

- Headaches
- Facial pain
- Pain behind your eyes
- Neck & shoulder tension
- Ear pain or 'fullness'

Functional Problems

- Difficulty/pain when chewing, particularly with harder or chewy food
- Fatigue whilst eating

How can physiotherapy help?

Physiotherapy can play an important role in the assessment and treatment of TMJ-related issues.

Physiotherapy treatment may include:

- Jaw mobilisations and mobility exercises
- Muscle release techniques and self-trigger releases
- Postural correction through strengthening of the neck and upper back

These symptoms in some cases respond well to a combination of physiotherapy and the use of dental supports such as night splints/mouth-guards.

If you experience jaw pain, clicking, or facial tension, book an appointment with our physiotherapy team for a comprehensive assessment and personalised treatment plan.