



MEDICAL MOMENTS by



FYZICAL[®]
Therapy & Balance Centers

5 Keys to Unlocking “Lockjaw”

Temporomandibular Joint Dysfunction (or TMD) is common, affecting up to ⅓ of the population. Sometimes described as “lockjaw,” TMD can make it hard to eat, speak, or even smile. Your dentist is looking out for signs of TMD, but if you experience any of the following make sure to let your dentist know:

- Uneven opening and closing of your jaw
- Clicking or popping of your jaw
- Pain or tenderness of you jaw with chewing
- Your jaw locking in position when opening or closing your mouth
- Headaches, or muscle soreness of your face, neck, and shoulders

TMD can be caused by an array of issues from acute injury (being hit in the mouth) to poor sleep habits (grinding or clenching teeth), or from poor posture to abnormal opening and closing mechanics. Whatever the reason for your injury, if symptoms are not treated, it can ultimately decreased quality of life by causing pain and difficulty with daily activities. But there is good news, you can get help. There are steps you can take to start getting relief today and maintain that relief into the future. Check out our 5 Keys to Unlocking “Lockjaw.”

FYZICAL’s 5 Keys

- 1) Rest your Jaw
- 2) Eat soft foods; avoid chewy or gummy foods
- 3) Apply moist heat or ice for relief
- 4) Medication
(Consult with your Dentist)
- 5) Physical Therapy

Love Your Life![®]

For more information about FYZICAL visit:
www.FYZICAL.com/Oklahoma-City

You Can Also Reach Us By Phone (405) 400-8909 or Fax (405) 400-8949