



FYZICAL[®]
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HEALTH & WELLNESS

NEWSLETTER



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LIVING WITH JAW PAIN? TMJ COULD BE THE CULPRIT

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

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 specialist physical therapist can take a look at your symptoms and help to diagnose if this is what has been causing your discomfort!

If you're living with this condition, don't fret! The skilled physical therapists at FYZICAL Bradenton, Ellenton, Venice, and South Sarasota 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 facial 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, The TMJ joint itself has issues, or 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)
- Chronic Recurrent Lockjaw (trismus)
- Teeth grinding
- Poor posture
- Stress
- Arthritis or other inflammatory musculoskeletal disorders
- Excessive hard food chewing (ice, candies)

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.

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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 with a FYZICAL Bradenton, Ellenton, Venice, or South Sarasota physical therapist!

When a person has TMJ, the injured joint leads to pain with chewing or opening, clicking, and popping of the jaw; swelling on the sides of the face; nerve inflammation; headaches; tooth grinding; and sometimes dislocation of the temporomandibular joint.

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!

How can a physical therapist help with TMJ?

Dentists and orthodontists aren't the only ones who can treat TMJ disorder. Specialist Doctors of Physical Therapy can as well, and from a different perspective that are just as important as your teeth ligament. At your first appointment with FYZICAL Bradenton, Ellenton, Venice, and South Sarasota, a thorough examination of your TMJ, face, neck, shoulders, and thoracic spine will be performed to determine whether any of those structures are causing the, or contributing to 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 of 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 normalizing the joint positions, stabilizing the joints, relaxation of the muscles, 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 living with jaw pain and discomfort, it's worth calling us to set up an appointment to have your condition assessed. On the chance that TMJ disorder is the culprit, our physical therapists will do everything in their power to give you the pain relief you deserve, and help you to experience less discomfort when you're talking, chewing, yawning, etc. What are you waiting for? Relief is a call away, so reach out today to set up an appointment!

<https://www.fyzical.com/ellenton/physical-therapy-services/TMJ>
<https://www.choosept.com/symptomsconditionsdetail/physical-therapy-guide-to-temporomandibular-joint-disorder>

3 TIPS TO IMPROVE NUTRITION IN THE FALL



1. Harvest Your Herbs. Herbs tend to have higher levels of antioxidants and other phytonutrients than other types of vegetables. So even though we tend to eat them in relatively small quantities, herbs can add a lot of nutrition to foods.

2. Become A Soup Chef. Getting into the habit of making a big pot of soup every weekend is a great way to improve your nutrition all week long. If you're using a pressure cooker or slow cooker, they also need very little supervision while they are cooking.

3. Make a New Fermented Friend. Probiotic foods help to promote the growth of helpful bacteria in your gut. Good gut bacteria can aid in digestion, nutrient absorption, and help you maintain a healthy weight.





FYZICAL THERAPY & BALANCE CENTERS IS HELPING MORE PATIENTS IN MANASOTA

FYZICAL Venice has joined FYZICAL's Company Clinic family! In 2016, the Deems family partnered with Jeanne Utterback with the goal of building the best physical therapy clinic in the Venice community. Dr. Rhonda Deems credits FYZICAL's holistic approach and balance program as key components to the company's success and a unique way to help community members.

As Clinic Director, Jeanne is excited for her community and her staff, as they have become like family. She notes,

"We have room to grow at this location and we are looking forward to serve more community members. Venice has one of the oldest populations in the United States and each year, more and more active retirees are relocating here, and we get to help them Love their Life!"

FYZICAL's Manasota clinics now include Venice, Ellenton, Bradenton Central, and South Sarasota. Frank Dieckman, Regional Director of Manasota, brings with him 26 years of experience in providing exceptional patient care. For 8 years, Frank has specialized in treating TMJ and complicated cases of headaches and facial pain. Frank is thrilled to bring his



education and certifications for TMJ to the Venice residents, having taught 2-day Continuing Education Courses focused on TMJ for FYZICAL nationally.

At FYZICAL Venice, Jeanne and Frank will share their expertise and unique insight with the clinicians including the important benefits of providing specially tailored programs. These additions will help more patients get back to loving their lives!

STAFF SPOTLIGHT



Jeanne Utterback, MSPT

Clinic director and physical therapist at FYZICAL Venice, Jeanne received her Master of Science Degree in Physical Therapy from Virginia Commonwealth University and was a clinical instructor at three universities. Jeanne enjoys working as a physical

therapist because it brings together all the things she loves: helping and working with people, athletics, continuous learning opportunities, and variety in the people and conditions she treats. Jeanne provides exceptional customer care to her FYZICAL patients by focusing on the specific problem of a patient and tailoring their treatment to get the best possible results.

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