

NMT is a thorough program of recovery from acute and chronic pain syndromes which utilizes specific massage therapy, flexibility stretching, and home care to eliminate the causes of most

neuromuscular pain patterns. This specific and scientific approach to muscular pain relief will help to bring about balance between the musculoskeletal system and the nervous system. NMT enhances the function of joints, muscles and biomechanics (movement) and it releases endorphins, the body's own natural pain killers. It can be part of a comprehensive program, complementing all other health care modalities.

Neuromuscular Therapy examines six physiological factors that may create or intensify pain patterns.

1. Ischemia
2. Trigger Points
3. Nerve Entrapment/Compression
4. Postural Distortions
5. Nutrition
6. Emotional Wellbeing

We also try to follow a very specific order of rehab, which has shown that when deviated, the client often suffers setbacks and even more injury,

1. Locate and eliminate spasms, hypercontraction and trigger points from the soft tissues
2. Restore postural alignment, proper biomechanics or movement patterns
3. Restore flexibility and increase blood flow to the tissues
4. Rebuild strength of the injured, weak, and/or atrophied tissues
5. Build endurance of the tissues for lasting results

Professional Member Of:

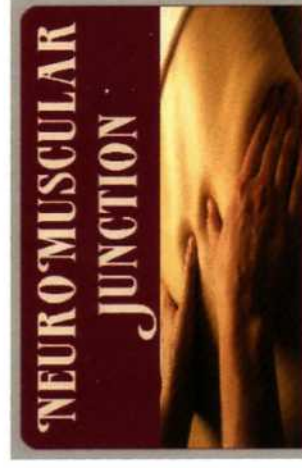


TMJ Therapy

for Temporomandibular Joint Dysfunction and other Cranio-Facial Problems

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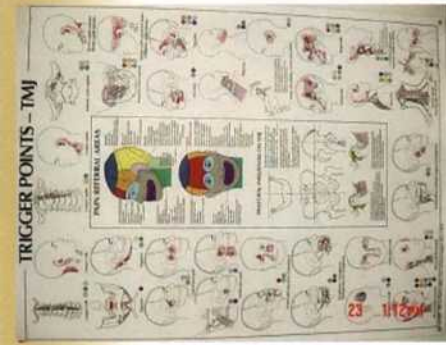
Experiencing Headaches, Migraines, Vertigo, Ears Ringing, Unexplainable Toothaches or Jaw Pain?

You might be experiencing signals of a neuromuscular disorder called Temporomandibular Joint Dysfunction or other neuromuscular dysfunction, where muscles in the head, face & neck as well as your hips and feet are causing imbalances in your overall structure. bad habits in grinding, clenching, even bad postural habits can play a role in this disorder!

Common signs and symptoms of TMJ disorders can include:

Tenderness or pain in the face, jaw and ear chewing discomfort or difficulty chewing headaches painful clicking of the jaw difficulty opening or closing the mouth locking jaw or teeth that don't come together properly while biting or chewing.

All of these have to do with the muscle imbalances in the body! The pain CAN BE ELIMINATED through the teamwork between your dentist and a qualified Neuromuscular Therapist.



This chart shows trigger points in specific muscles that CAUSE PAIN in OTHER parts of the body.

It also shows how postural holding patterns in the hips can directly influence the position of the mandible (your jaw). This means, when your hip muscles pull, your hips out of proper alignment, it will cause your mandible to dislocate out of proper alignment causing a wearing away of the disc in the joint. OR! It will mean the muscles in the head and neck will have to work harder than normal, causing stress! Either way... STRESS will be the result!

When teeth are affected by wearing away, cracking/breaking, rotting or the Trigeminal Nerve that supplies the teeth with sensations, is insulted in any fashion (even surgery) it can directly cause imbalances in the organs of the body, including trigger points in the organs themselves, causing more pain. This can trigger all kinds of disease, and not just dental disease!

The Body Awareness & Bodywork

When we work with clients, its not just about getting a "relaxation massage", we teach body awareness, we assess the WHOLE BODY before we ever perform any bodywork. We also share homecare techniques before the client leaves our office. Our approach is a body that works efficiently will not respond to stress in a negative way, and therefore be more relaxed! Our methods and approach are very comprehensive and unique to most massage therapy services.



Working the Masseter, Pterygoids and the other inter-oral muscles that can cause imbalances in the cranio-facial structure & function.

Working on the muscles of the hips & feet will help to rebalance the muscles of the TMJ and Cranio-Facial structure & function.



Most Therapy is done on the muscles on the back of the neck, but this can cause an imbalance of the muscles on the front of the neck. So at the Neuromuscular Junction, we take a different approach and make sure we work the ignored muscles!