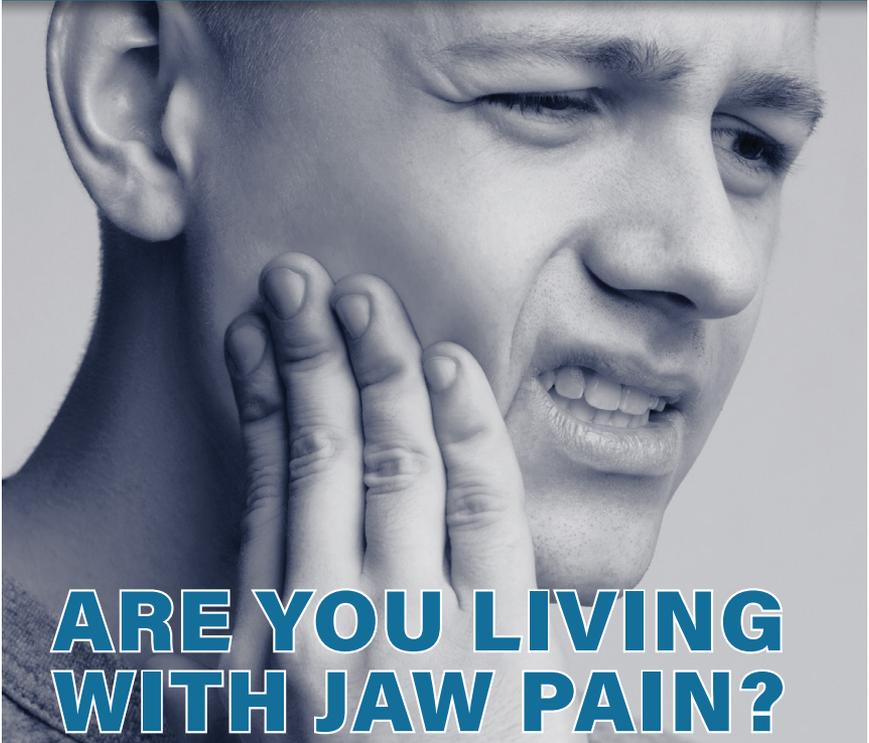


# NEWSLETTER



## ARE YOU LIVING WITH JAW PAIN?

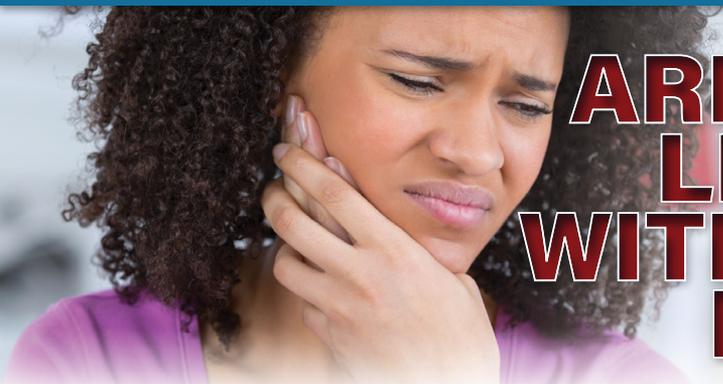
PHYSICAL THERAPY CAN HELP RELIEVE YOUR PAIN AND GET YOU BACK TO THE ACTIVITIES YOU ENJOY!

### INSIDE:

- HEALTH INSURANCE BENEFITS CAN BE ABSOLUTELY MIND-BOGGLING
- SEPTEMBER IS CHILDHOOD CANCER AWARENESS MONTH



# NEWSLETTER



## ARE YOU LIVING WITH JAW PAIN?

### TMJ DISORDER 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 Hands On 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:

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

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

When a person has TMJ, the injured joint leads to pain with chewing, 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.

*Continued inside.*

[www.hopt-wellness.com](http://www.hopt-wellness.com)

**YOU DO NOT NEED A DOCTOR'S PRESCRIPTION TO SEEK PHYSICAL THERAPY  
IN THE STATE OF NORTH CAROLINA YOU HAVE DIRECT ACCESS TO PHYSICAL THERAPY**



## There's no way around it: Health Insurance Benefits Can Be Absolutely Mind-Boggling.

Time after time, we've seen patients come through our doors with their insurance cards in one hand and their cell phones in the other as they call their insurance companies in an attempt to figure out what they need to pay for their treatment.

Now that the end of the year is getting closer, many patients have met their insurance deductibles. If this is you, this means your physical therapy treatment could cost you absolutely nothing!

Patients with family plans, or those who have had major surgeries or chronic illnesses are especially likely to have a \$0 balance remaining on their out-of-pocket expenses. This means that the cost of treatment at Hands On Physical Therapy could be minimal or entirely covered by your insurance plan!

You should be enjoying time spent with your family this fall instead of stressing about insurance, and whether or not you can afford treatment.

If you've met your insurance deductible for the year, it's a good idea to visit Hands On Physical Therapy for treatment. We specialize in treating a variety of acute and chronic pain conditions and injuries, and hold ourselves to high standards regarding our treatment methods and techniques.

**Are you in need of physical therapy? Check on your insurance deductibles and visit our clinic today. We'll guide you through safe and affordable physical therapy treatment this fall!**



## ARE YOU LIVING WITH JAW PAIN?

### TMJ COULD BE THE CULPRIT

*Continued from previous page.*

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 DISORDER?

Dentists and orthodontists aren't the only ones who can treat TMJ disorder. Physical therapists can help, as well. At your first appointment with Hands On 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 disorder 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.

**If you're living with jaw pain and discomfort, it's worth calling Hands On Physical Therapy 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!**



[www.hopt-wellness.com](http://www.hopt-wellness.com)

Cary      Fuquay-Varina      Zebulon  
919-851-0711      919-557-2111      919-269-0107

SEPTEMBER IS...

# CHILDHOOD CANCER AWARENESS MONTH

In 2012, President Obama dedicated September as National Childhood Cancer Awareness Month to bring awareness and help bring more support to finding a cure.

Every day in the U.S., 43 children are diagnosed with cancer. It is the leading cause of death by disease in children under the age of 14.

Here are some ways you can help raise awareness and support finding a cure:

**1. Host an Awareness Event:** Many organizations host runs that benefit childhood cancer research. The American Childhood Cancer Organization has several awareness events in which you can participate. <https://www.acco.org/childhood-cancer-awareness-month/>

**2. Donate:** If you are unable to make it to a fundraiser event, donating is a great way to support finding a cure for pediatric cancer. St. Jude's and the American Childhood Cancer Organization both have donation pages.

**3. Volunteer:** See if any organizations or local hospitals around you need volunteers for events or even just to visit children in treatment and read a book.

**If you have a child or loved one who has lost muscle and the ability to do day-to-day activities due to pediatric cancer, our physical therapists are here to assist in any way we can.**



Hands On Physical Therapy worked as a team to raise awareness about childhood cancer to honor and support children affected by pediatric cancer.

## COME BACK TO PT

Suffering from aches and pains? Call one of our locations or visit [hopt-wellness.com](http://hopt-wellness.com) to schedule an appointment and get relief today!



[www.hopt-wellness.com](http://www.hopt-wellness.com)



Please help us welcome Priscilla, our new Patient Coordinator!

## COUPON CORNER!

**FREE PAIN CONSULTATION**



**WE OFFER 3 CONVENIENT LOCATIONS**

**CALL TO SCHEDULE TODAY!**

Spots are limited so call today!

Cary 919-851-0711	Fuquay-Varina 919-557-2111	Zebulon 919-269-0107
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Call to schedule. Expires 11/30/2022