

## PERSONALIZED, ONE-ON-ONE, HANDS ON PHYSIOTHERAPY



**Joyce Clark, PT, BSc.PT, PGcPain, CCTT**  
Certified Cervical & Temporomandibular Therapist (CCTT) by the Physical Therapy Board of Craniofacial & Cervical Therapeutics (PTBCCT)

Joyce has many years of experience in TMJ assessment and treatment, neck biomechanics, craniosacral therapy, meditation and breathing techniques. She has accreditation in pain management and diagnostic imaging.

### Mara Boaru PT, BSc.PT, RMT

Mara has pursued her interest in TMJ dysfunction through various post graduate courses and offers a bio-psycho-social approach to treatment that is aimed at reclaiming normal function and creating resilience in the whole system.



Full Circle also has a fantastic team of practitioners that can complement the physiotherapy care:

### Dr Bradley Kennedy, DC

### Dr Ken Abreu, DC

### Karen Barker, RMT

### Ingrid Thaker, RMT

### Shawna Ryan, RMT

### Angie Hill, RMT

### Geoffrey Gemmott, RMT

For more Information on NUCCA Chiropractic,  
Please see our website [www.fullcirclecalgary.ca](http://www.fullcirclecalgary.ca)

**physiotherapy**      **cranio sacral**      **meditation**  
**NUCCA**      **bowen therapy**      **massage**  
**chiropractic**      **shockwave therapy**      **laser**

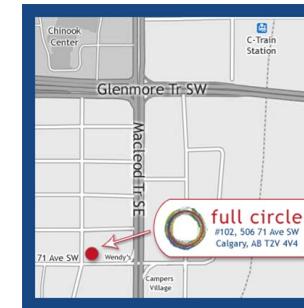
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## PATIENT REFERRAL FORM

Patient Name \_\_\_\_\_

Patient Telephone \_\_\_\_\_

Referred by Dr. \_\_\_\_\_

### TMJ Dysfunction:

- |   |  |
|---|--|
| <input type="checkbox"/> Myalgia                    | <input type="checkbox"/> Myofascial Syndrome |
| <input type="checkbox"/> Trismus                    | <input type="checkbox"/> Headaches           |
| <input type="checkbox"/> Lateral Pterygoid Spasm    | <input type="checkbox"/> Neck Pain           |
| <input type="checkbox"/> Arthralgia                 | <input type="checkbox"/> Facial Pain         |
| <input type="checkbox"/> Subluxation                | <input type="checkbox"/> Ear Pain            |
| <input type="checkbox"/> Degenerative joint disease | <input type="checkbox"/> Sinus Pain          |
| <input type="checkbox"/> Disc displacement          | <input type="checkbox"/> Postural Issues     |
|   | <input type="checkbox"/> Other _____         |
|   | _____  |

Relevant history or concerns: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Reporting Request:  Initial report  Discharge report

Physician's signature \_\_\_\_\_ Date \_\_\_\_\_



## IS YOUR JAW GIVING YOU GRIEF?



**LET'S SEE HOW  
WE CAN HELP**

Come out from hiding!  
You should be able to easily:  
*Speak on the phone*  
*Chew your food*  
*Sing in the shower*  
*Bite into an apple*  
*Express your feelings*



You might be curious about whether your jaw clicking or locking is important, or whether your headaches are related to your jaw pain. Can anything be done about your inability to open your jaw fully? Ask away, we are all ears and we would like to clarify this for you.



Are you wondering if you are getting a TMJ problem? We know that the presence of symptoms like jaw, face and ear pain, clenching and grinding behaviors, make it more likely (but not certain!) that those people will develop TMJ dysfunction (TMD). There is a close relationship between your **posture, neck tension, headaches and jaw pain**, so let us take a look and we will help you address these issues !

Your physiotherapist will perform a thorough assessment according to the **Research Diagnostic Criteria** in order to identify exactly what is going on. For most patients the pain comes from the muscles of mastication (chewing) but we can also diagnose joint issues or problems related to the cartilaginous disc that is misbehaving.

*There is not a single cause, factor or theoretical model that can explain the onset of TMJ dysfunction*

car accident  
sucking on cheek or finger  
neck tightness  
myofascial restrictions  
injections in mouth hold objects in mouth  
pushing tongue against teeth  
grinding biting nails  
anxiety poor posture  
blows to chin depression holding jaw tense  
chewing a pencil falls  
mouth breathing clenching  
limited skills to cope with stress holding jaw to the side  
hold telephone with shoulder wisdom tooth extractions  
chewing gum

WordItOut

We know that some symptoms make it more probable to predict which clients with TMD will go on to develop more chronic forms of TMD dysfunction. This helps us to be able to spot some of the warning signs, and to intervene appropriately to help you to function better.

*Resting position of your jaw is mouth closed, teeth not touching and tip of the tongue against the upper teeth*



You are in good hands, this is what we do:

- ◊ Comprehensive treatment plan according to the assessment findings. This can include collaboration with or referral to dentist, physician, orthodontist, oral surgeon, psychologist or others
- ◊ **Manual therapy techniques**—hands on personalized treatment that addresses muscle tension and fascial restrictions in your face, jaw, head, neck and shoulders
- ◊ Simple exercises and habit changing tips
- ◊ Methods of breathing and relaxation
- ◊ Techniques to take care of your jaw at home or at work
- ◊ Information regarding your condition so you understand what is going on, what to expect and how to be more at ease

