



## TMJ Massage

Massage for the relief of pain and tension in the Temporomandibular Joint promotes circulation and helps relax the muscles and connective tissues around and related to the jaw area.

A massage treatment will involve a variety of massage techniques and include treatment to areas other than just the jaw since other connective muscles and tissues can contribute to tension in the TMJ. The areas that will be addressed are the face, head, neck, shoulders, upper chest and ears too. In addition to manual massage and pressure point release, Lymphatic Drainage, Craniosacral Therapy, Reflexology (involving the hands or feet), and Myofascial Release may be included. Since tension, stress and repetitive motions can be a major factor in TMJ dysfunctions, a discussion of what you feel may be contributing can help the therapist target certain areas.

The client will remain clothed from the waist down but having the skin on the shoulders and chest accessible (yet remain fully draped) is important to affect those areas.

After the massage your jaw and neck area should feel more relaxed and less painful. To help move those toxins out of the body, you need to drink plenty of water (6 - 8 glasses in the 24 hr. period) following the session.

A session is 30 minutes by itself or can be added to their 30 - 90 minute therapeutic massage. Any additional massage is beneficial to the reduction of TMJ dysfunction since, as mentioned above, reducing stress can help relieve TMJ dysfunction symptoms.