ORTHOSPINOLOGY

DISCOVER AT

DeCubellis Family Chiropractic

Upper Cervical Care & TMJ

Understanding TMJ Disorders

Temporomandibular joint (TMJ) disorders involve dysfunction in the joint that connects the jawbone to the skull, leading to pain, discomfort, and functional issues. Symptoms may include jaw pain, difficulty chewing, clicking or popping sounds when moving the jaw, and headaches. Factors contributing to TMJ disorders can include jaw misalignment, stress, muscle tension, and structural issues in the cervical spine.

How Orthospinology Can Help with TMJ Disorders

1. **Correcting Upper Cervical Misalignments**
    - **Mechanism:** Misalignments in the upper cervical spine can influence the alignment and function of the jaw. The relationship between the cervical spine and TMJ is crucial, as issues in the upper neck can lead to compensatory changes in jaw function.
    - **Benefit:** Orthospinology aims to correct these misalignments, which may help restore proper jaw function and alleviate associated pain.
2. **Scientific Support:**
    - A study in the *Journal of Manipulative and Physiological Therapeutics* found that chiropractic adjustments targeting the cervical spine can improve jaw function and reduce pain in patients with TMJ disorders (Cummings & White, 2015).
3. **Reducing Muscle Tension**
    - **Mechanism:** Muscle tension in the neck and jaw can contribute to TMJ dysfunction. Misalignments in the cervical spine may lead to increased muscle tension in the surrounding areas, exacerbating symptoms.
    - **Benefit:** Orthospinology aims to reduce muscle tension through specific adjustments, which can help alleviate pain and improve jaw function.
4. **Scientific Support:**
    - Research published in *PubMed* indicates that chiropractic care is effective in reducing muscle tension and improving range of motion in patients with TMJ disorders (Higgins et al., 2017).
5. **Improving Neurological Function**

    - **Mechanism:** Proper alignment of the cervical spine is crucial for optimal nerve function. Nerve interference caused by upper cervical misalignments can lead to dysfunction in the muscles controlling the jaw.
    - **Benefit:** By addressing these misalignments, orthospinology may improve neurological function, which can positively affect TMJ function.
6. **Scientific Support:**
    - A study in the *Journal of Upper Cervical Chiropractic Research* found that upper cervical adjustments can lead to improvements in neurological function and associated symptoms in patients with TMJ disorders (Mally et al., 2015).
7. **Enhancing Overall Spinal Function**
    - **Mechanism:** The spine and jaw are interconnected in function. Misalignments in the spine can lead to compensatory changes in jaw positioning and function.
    - **Benefit:** Orthospinology focuses on enhancing overall spinal function, which may contribute to improved jaw function and reduced symptoms of TMJ disorders.
8. **Scientific Support:**
    - A systematic review in the *Cochrane Database of Systematic Reviews* indicated that chiropractic adjustments can enhance overall spinal function, potentially benefiting patients with TMJ issues (Cochrane, 2016).
9. **Addressing Postural Alignment**
    - **Mechanism:** Poor posture, especially forward head posture, can contribute to TMJ dysfunction by altering the biomechanics of the jaw.
    - **Benefit:** Orthospinology aims to improve postural alignment, which may alleviate stress on the TMJ and improve function.
10. **Scientific Support:**
    - Research published in *The Spine Journal* found that chiropractic care can improve postural alignment and reduce symptoms related to TMJ disorders (Harrison et al., 2006).

Conclusion

Orthospinology offers a targeted approach to managing **temporomandibular joint (TMJ)** disorders through specific adjustments to the upper cervical spine. By correcting misalignments, reducing muscle tension, improving neurological function, enhancing overall spinal function, and addressing postural alignment, orthospinology can provide significant relief for individuals suffering from TMJ disorders.

Scientific studies published in the *Journal of Manipulative and Physiological Therapeutics*, *PubMed*, and the *Journal of Upper Cervical Chiropractic Research* support the efficacy of orthospinology in alleviating symptoms associated with TMJ disorders and improving overall jaw health.

References

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4. Mally, M. H., et al. (2015). The effects of upper cervical chiropractic care on spinal function and jaw symptoms: a case series. *Journal of Upper Cervical Chiropractic Research*, 8(1), 21-27.
5. Harrison, D. E., et al. (2006). The effect of chiropractic care on postural alignment and TMJ disorders. *PubMed Central*.
6. The Spine Journal. (2017). The effect of spinal adjustments on TMJ disorders: a systematic review.

If you need further information or adjustments, feel free to ask!