

## [Treating Tmj](#)

If you've been researching TMJ and how to treat it, for some time, you've probably found one overall statement from every reliable source: There is no real cure for TMJ.

Your doctor is probably doing all he can. He's most likely given you strong pain relief pills and maybe some muscle relaxation medicines. But there is not much more he can do.

Little by little, you get immune to the strong pain killers and other short term medications and they'll stop working for you (if they ever did relief your pain in the first place).

Your dentists may try his best to help you, by making a dental implant for you. These implants are mostly meant to save your teeth from grinding down. They are not a permanent cure and usually do not relief the pain.

So why do TMJ experts fail you?

One of the reason why it has been so difficult to find a cure for TMJ, is how complex this condition is. There is probably no single cause for all cases of TMJ. There are rather combinations of several causes. And the causes are probably both physical and emotional.

Some people begin to experience TMJ after an accident of some sort. Stress is an other trigger. But most of the time, doctors have no idea what really causes their patient's TMJ. This can be very depressive for people who suffer this condition. Lets look at the bright site: what do we know?

What we know for a fact about TMJ is, the jaw joints are always misplaced in some way. It doesn't necessarily have to be complete misplacement (although sometimes it is). Small wrong misplacement can be enough. And the symptoms can be both nerve racking and painful...

Clicking, popping jaw joints ...Grating sounds ...Jaw locking opened or closed ...Extreme pain in cheek muscles ...Uncontrollable jaw or tongue movements ...Clenching or grinding at night ...Discomfort or pain to any of these areas ...Limited opening ...Inability to open the jaw smoothly or evenly ...Jaw deviates to one side when opening ...Inability to "find bite" with teeth ...Frequent, migraine type headaches.

... are just few obvious symptoms of TMJ.

Here is another fact we know: The jaw muscles are always very stiff. They're sometimes, not always, soar, or torn. But they're always stiff. The pressure from your tense jaw muscles pushes your jaw further out of position. It supports its misplacement. This makes your problem way worse than it has to be.

This is similar to what happens with back problems. The back muscles are stiff and weak to begin with. Then something happens, which puts strain on the back. Maybe working in a wrong position or small injury. It didn't really feel very bad in the beginning.

To avoid the mild pain, the muscles in the back get tense. It jut happens. This is a function nature gave us to deal with pain. The real problem begins when the tension in the back muscles push the spine (even just a little bit) out of place. What should only have been minor problem if the person had exercised and strengthen the back muscles, is now chronic, serious condition.

It's no different with TMJ. Something that probably began as minor problem (maybe small bump on the jaw or period of intense feelings) is now becoming serious problem as the jaw muscles push on the jaw joints. This, then leads to series of other problems.

The two jaw joints don't work as a team any more. You may even be rubbing bone to bone. No wonder everything is stuck. And the pain is horrible. Constant torture.

Nerves get squeezed. Either directly by the misplaced jaw or the tense muscles around it. The same nerves lie around the jaw as the ears. The same nerves that control the balance system. That's why you may experience dizziness or lack of balance for example?

There is no isolation when it comes to muscles. All muscles in your body are interconnected. Either directly or through the nerve system. If your jaw muscles get tense, so will all muscles closely connected to it. Most obvious example is your neck and shoulders. I'm sure they've turned into rocks since your TMJ began to develop. Right?

You may not have noticed how all the small muscles in your head (including the throat muscles, tongue, and eyes) have more tension in them now than they did before. This is serious.

As this tension builds up little by little, you'll begin to feel the secondary symptoms of TMJ. Including... voice fluctuations ...sore throat without infection ...swallowing difficulties ...bloodshot eyes ...tongue pain ...balance problems, "vertigo", dizziness, or disequilibrium ...feeling of foreign object in throat ...clogged, stuffy, "itchy" ears, feeling of fullness ...watering of the eyes.

...and hundreds of other secondary symptoms, you may or may not have experienced your self.

There is no way to heal your TMJ, unless you loosen up and strengthen all the muscles connected to the jaw and the jaw muscles. This does actually not require hard effort tough. The exercises are simple and easy to do. But you have to practice them if they're are going to work for you.

1) The jaw exercises are self explained. They strengthen and loosen up the jaw muscles directly, so the muscles will not push the jaw joint out of place but guide them into right position.

2) Consider how close the tongue is to the jaw. It's no wonder how important it is to remove any tension from this muscle. You do that using simple tongue exercises.

3) The throat exercises strengthen the throat. The throat muscles are some of these 'hidden' muscles we seldom pay attention to. They're however extremely important and if they're stiff, you'll suffer several symptoms in your throat.

4) There is almost no separation between the neck and shoulders and jaw muscles. If one is stiff, the others tense up immediately. That makes the neck and shoulder exercises as important as the direct jaw exercises.

5) Don't underestimate the importance of breathing. Lack of oxygen flow to muscles weakens them and makes them stiff. One more contributing factor to TMJ. The breathing exercises inflate your muscles with oxygen, giving them extra boost to heal.

Most people who practice these exercises claim to get really good relief from them. Many totally heal their TMJ permanently. This is amazing, considering how complicated this condition is.

I'm going to be totally honest with you.

This will most likely take some time and effort. The exercises take less than 10 minutes a day on the average. But you must commit to them for some period of time. Some people literally get healed over night but that's not the norm. Your TMJ has been developing for years (even if the symptoms just showed up). So give the training few weeks. Even couple of months.

It will also take some time for your jaw to gain the strain to guide your jaw joints into their healthy, natural position.

## About the Author

Christian Goodman - learn more at his [natural health alternative website](#) - is a world known health researcher. His [Tmj Treatment Program](#) has been proven extremely helpful to quickly heal TMJ, Tooth Grinding (clenching) And Bruxing.

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