**TMJ Disorder – Myofascial Release Techniques**

During the Covid-19 Pandemic, dentists have seen an upsurge in jaw pain and damage to teeth caused by clenching the jaw and grinding the teeth. This should come as no great surprise as much of the mental and emotional tension we have felt over the past 15 months has manifested in our bodies, particularly in the jaw, head, neck and shoulders.

Did you know that there are myofascial release techniques which effectively relieve jaw pain caused by temporal mandibular joint dysfunction (commonly referred to as TMJD), and reduce and relieve tension headaches and neck and shoulder pain without medication? Myofascial release techniques work to release, soften and hydrate stuck fascia (or connective tissue) which wraps around and enfolds all of our muscles, bones and organs. They also work to tone the nervous system, impacting the very nerves that regulate blood pressure and the “fight or flight” response.

Do you suffer from jaw pain, clicking and limited range of motion of the jaw? Are you holding your shoulders up around your ears? Is your neck shortened and your head forward? Do you feel tightness in the scalp? If so, book a 30-, 60-, or 90-minute session with a massage therapist trained in myofascial release techniques. This is an investment in your health and well-being which may very well save you medical bills and co-pays down the road!