

Patient Checklist — Temporomandibular Joint Disorder

Is this for me?

- Helpful when the jaw feels tight, sore, or overworked.
- Care may include techniques for jaw, face, neck, and shoulders.
- Share any clenching, grinding, or dental work history.
- Gentle, progressive approach to reduce muscular strain.
- Aligned with your dentist/physician when needed.
- If braces, retainers, or Invisalign are present, we focus on external tissues; direct intra-oral options are limited.
- You can pause or adjust at any point.
- Not started during acute illness or sudden severe pain.
- May ease related neck or shoulder discomfort.
- Complements ongoing medical/dental care.