



# PHYSICAL THERAPY & DENTISTRY

A Multidisciplinary Approach to Maximize Patient Outcomes

## Treating TMD with Physical Therapy

The specialized physical therapists at the Yalich Clinic are formally educated in the intricacy of the temporomandibular joint and how it affects the harmony of the oral environment. Contemporary research shows that skilled physical therapists working in conjunction with dentists yield remarkable results for patients who suffer from TMD, limited jaw opening, jaw locking/clicking, and facial injuries. Our TMD trained physical therapists provide relaxation to the muscles of mastication, address the arthrokinematics of the TMJ, and evaluate the dynamics of the cervical spine. On average, there is an 85% success rate with patients who report relief and improvement with their jaw issues after physical therapy.



*“On average, there is an 85% success rate with patients who report relief and improvement with their jaw issues after physical therapy...”*

*- Jeff Humphrey,  
DPT, MTC, CFS*

### OUR SPECIALIZED TREATMENTS

**PAIN TREATMENTS:** We utilize modalities, such as electrical stimulation and ultrasound to reduce acute TMJ inflammation.

**IMPROVING JAW MOVEMENT:** Using skilled, internal manual techniques, our physical therapists gently restore joint integrity, the proper mechanics of the TMJ, and muscle symmetry.

**POSTURE EDUCATION:** Proper body positioning and ergonomics are emphasized during treatment to reduce jaw and cervical discomfort.

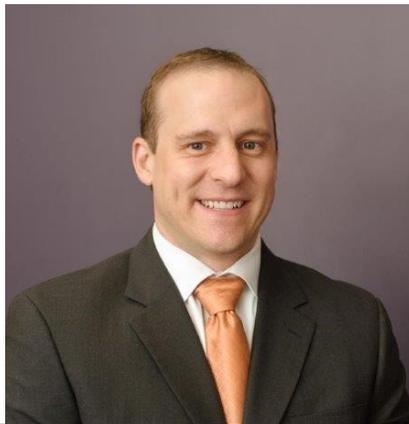
**COLLABORATION WITH DENTAL PROFESSIONAL:** Teeth malalignment and other oral problems may also contribute to TMD. Dentists may order special appliances, such as "bite guards" to create a natural resting position and improve jaw function, assisting in the rehabilitation process.

## Our Therapists

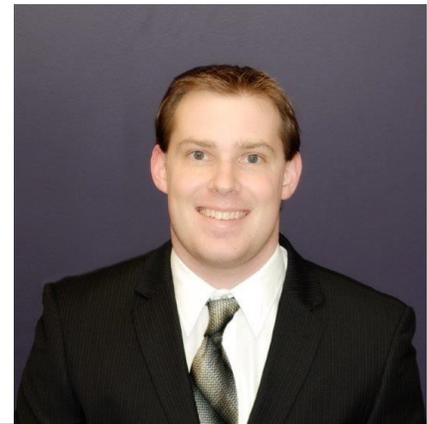
Both Ryan Lynch, MPT and Kyle Jones, PTA have had additional, extensive education with members of the Physical Therapy Board of Craniofacial and Cervical Therapeutics, an elite group within the physical therapy community. With this advanced education, they perform a comprehensive evaluation and provide treatments of the TMJ, cervical spine, and the surrounding structures and musculature.

## Our Clinic

The Yalich Clinic is a unique rehabilitation establishment which offers care by both physical therapists and chiropractors. This collaboration between specialties allows comprehensive patient treatment. We provide a nurturing extremely friendly environment with personal one on one attention to each patient.



Ryan Lynch, MPT



Kyle Jones, PTA

## FAQs

### How to Maximize Your Patient's Outcome

Bridging the Gap between Physical Therapy and Dentistry:

**Q: How do dental professionals refer patients to physical therapy?**

A: Similar to writing a prescription for medications, a written referral for physical therapy is often required by a patient's health insurance company. When referring a patient to the Yalich Clinic, simply use our script pads and we will "take care of the rest."

**Q: Which patients are appropriate for physical therapy?**

A: Patients who report jaw pain with chronic clenching, bruxism, locking in opening or closing, and TMJ clicking are likely appropriate for physical therapy intervention. Additionally, our physical therapists address neck, upper back, and headache pains.

**Q: How long is the physical therapy treatment for TMD?**

A: Although every patient's treatment plan differs, most patients attend physical therapy twice a week for four to six weeks. However, many patients experience significant pain relief after the first few physical therapy sessions.

**Q: Is physical therapy for TMD covered by insurance?**

A: Yes, the TMJ is treated the same as any other joint in the body, and its rehabilitation is covered by health (not dental) insurance. We accept virtually all major insurances and participate with most local provider networks. Additionally, cash fees for service are also accepted.



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