

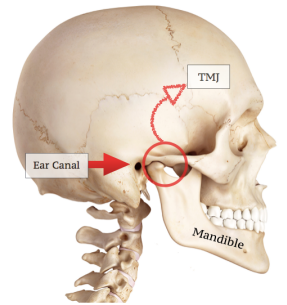
# TMJ disorder and the Jing Method™

## by Mandala Massage Brighton

### What is it?

The temporomandibular joint (TMJ) connects your jaw bone to your skull. It's located in front of your ear. This tiny joint allows us to move our jaw up and down so we can laugh, talk and eat etc.

Problems with the joint and its muscles are known as temporomandibular disorder (TMD) and can affect around one in ten people in the UK (1).



(2)

### THE JING METHOD EXPERIENCE



- A WARM AND COMPASSIONATE PARTNER TO GUIDE YOU ON YOUR JOURNEY OUT OF CHRONIC PAIN



- A REDUCTION OF YOUR PAIN AND INCREASE IN MOVEMENT IN 6 TREATMENTS OR LESS



- A THOROUGH ASSESSMENT UTILISING ORTHOPAEDIC FUNCTIONAL MUSCLE TESTING



- AN INDIVIDUAL TREATMENT PLAN TO ADDRESS YOUR PRESENTING PAIN CONDITION



- A FUSION OF ADVANCED MASSAGE AND SOFT TISSUE TECHNIQUES DRAWN FROM EAST AND WEST



- TAILORED AFTER-CARE TO PUT YOU IN THE DRIVING SEAT OF YOUR RECOVERY

### Signs and symptoms

headaches unexplained toothache

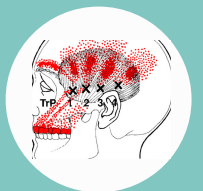
grinding and clenching

jaw popping or cracking

tinnitus (ringing in the ears)

chronic neck and shoulder pain

sensitivity to light or noise



### Treating the TMJ with the Jing Method™

As a Jing Method™ advanced clinical massage therapist, I treat all the associated muscles and fascia of the head, neck and shoulders, as well as the muscles of mastication inside the mouth.

\*\*\*Due to the nature of this condition, a series of treatments will be needed\*\*\*

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# How can massage help?

There is evidence supporting the use of massage to treat the TMJ (3). Jing Method™ advanced clinical massage helps TMJ disorders in two ways.

Treating the trigger points, also known as hyper irritable localised spots of exquisite tenderness (4) in the muscles and fascia, both inside the mouth and in the neck and shoulders, brings a significant reduction in pain.

Treating the central nervous system. Where there is chronic pain, the nervous system gets ramped up. Known as 'central sensitisation' understanding and being able to help with this is key to getting great results.

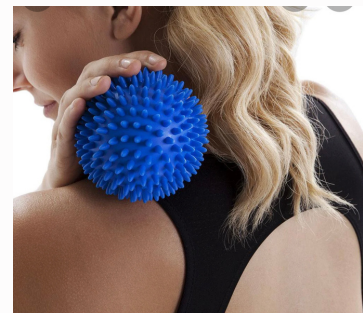
## Things you can do yourself

Self massage using heat and spiky balls can help to soften the neck and shoulder muscles most affected. This is something I can show you as part of your treatment with me.

Daily meditation, mindfulness and breathing exercises can be helpful too as these methods have a very positive and calming effect upon the central nervous system.



Contact me on 07737 142699 or visit [mandalamassagebrighton.com](http://mandalamassagebrighton.com) to book your appointment



## Sources

- (1) BUPA
- (2) Jing Advanced Massage Training, JAMMM resources
- (3) Lucena, L.D.O., Nascimento, C.M.M., Asano, N.M.J., Coriolano, M.D.G.W.D.S. and Lins, C.C.D.S.A., 2022. Manual therapy for temporomandibular disorder in older adults: an integrative literature review. Revista CEFAC, 24.
- 4) Trigger Point Therapy for Myofascial Pain. Finando and Finando