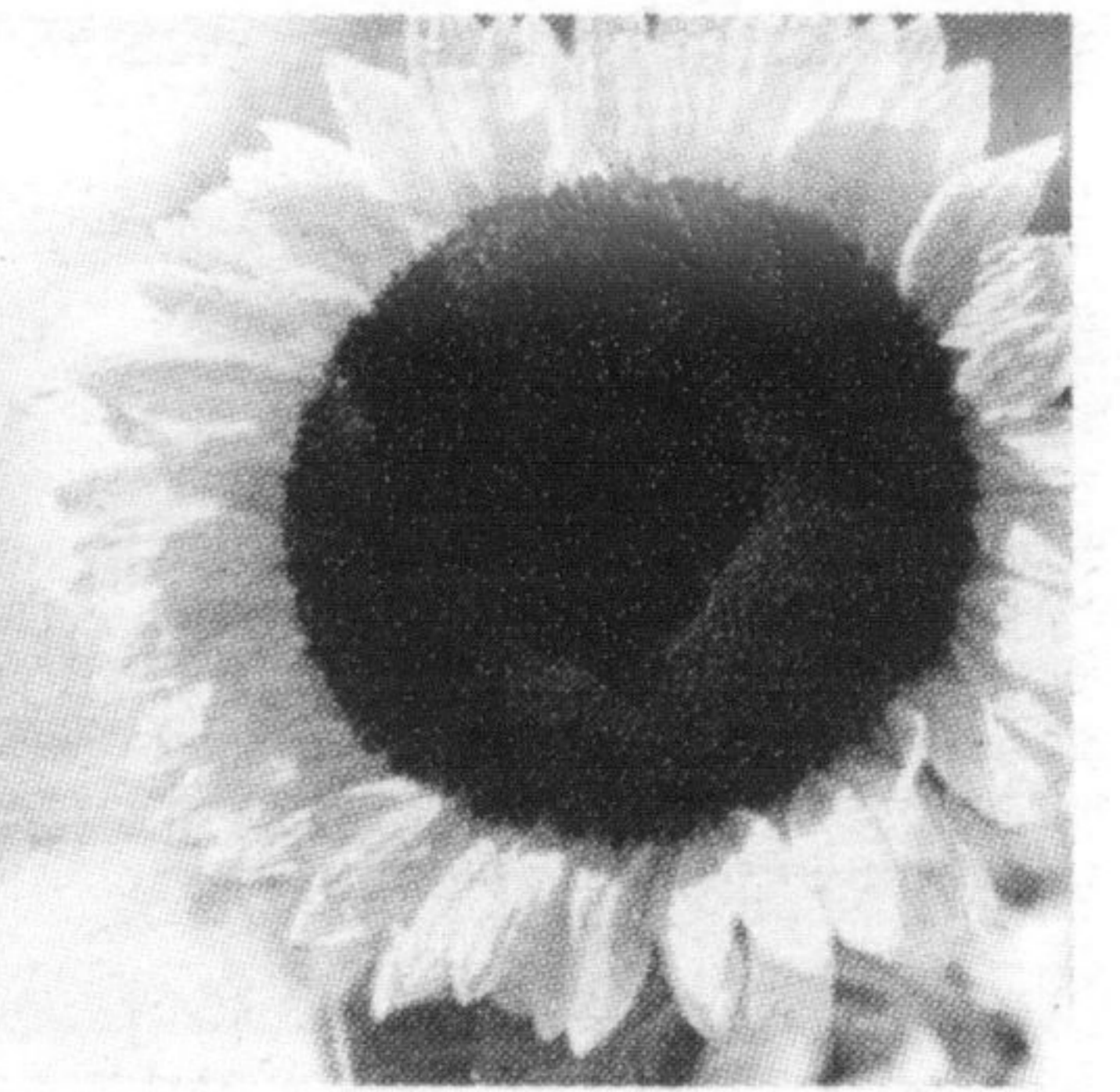


Health & Tranquility



Jaw joint pain/ Face pain/ and Toothaches...



Jaw joint pain or clicking can be a sign of imbalance in the muscles that control the jaw joint. Cranial Osteopathy has a good success rate when dealing with pain of this origin. However, overuse of the jaw joint from chewing pencils, chewing gum, gritting or grinding the teeth or having to talk a lot (an occupational hazard for teachers) can cause jaw pain and clicking which will not improve very much until the overuse has been remedied, where possible. In addition a bite guard from your dentist will stop you from grinding your teeth at night and give your jaws a rest. These really do work and are worth a try in all cases where jaw overuse is the problem.

Face pain or toothache where your dentist can not find anything wrong with your teeth, gums or jaw bones may suggest a strain. This strain may exist in the joints between the neighbouring bones in the face, between the roots of the teeth, in the jaw bones or within the sinuses that lie inside the facial bones. These types of strains are extremely common and respond readily to Cranial Osteopathy.

There are types of face pain that do not relate to teeth, joints or sinuses; these include Trigeminal Neuralgia, Post Herpetic Neuralgia (pain associated with shingles on the face) and infections in the skin. All these should be seen by your Family Physician first. These conditions may be appropriate for Cranial treatment depending on the details of the patient's medical history.



OSTEOPATHIC MANUAL THERPAY:

Osteopathy is a 'hands on' manual therapy and one of the oldest approaches to treatment of injuries in the joints, muscles ligaments, fascia and tendons. Treatments take into account how the whole body moves and adjusts to pain. Osteopathic manual practitioners work with the patient to facilitate good structural alignment, tissue health and organ functions that will alleviate pain and prevent symptom re-occurrence. Osteopathy aims to improve the patients' long-term health and vitality.

For more information, please contact **Meredith** at Advantage Physiotherapy of Milton
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 Certified Kinesiologist, Registered Naturotherapist,

Providing you with the best Osteopathic Services in Halton

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