



Does this Sound Like You??

Clicking Popping, Jaw Pain, Pain with eating Difficulty opening the mouth Headaches, Ear Ache, Unrelenting Tooth, Ache Ringing in the Ears



Temporomandibular Dysfunction (TMD) Occurs in 20-75% of the population

5-12% of population experiences clinically significant pain from it and seek treatment

Physiotherapy can HELP!!

Utilizing assessment techniques to identify altered movement patterns, myofascial trigger points and joint restrictions. From the examination findings will design rehabilitation programs that focus on addressing patient-specific impairments.

Treatment may include: joint and soft tissue mobilization, trigger point dry needling, friction massage, therapeutic exercise, patient education, and modalities

Management options would address both symptom reduction and oral function



We have been serving the St Vital community for over 25 years and are skilled in advanced orthopaedic assessment and treatment.

For more information or to book an appointment
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