



..... CONQUER YOUR .....

# JAW PAIN

.....

We think it's time you got back to living again, don't you?

PRESENTED BY:



## What is Temporomandibular Joint Disorder (TMD, TMJ)?

The joint that connects your jaw to the bones of your skull is called the temporomandibular joint. It's what allows you to move your jaw. A healthy temporomandibular joint allows you to chat with your friends, eat a delectable, big sandwich comfortably, and even yawn.

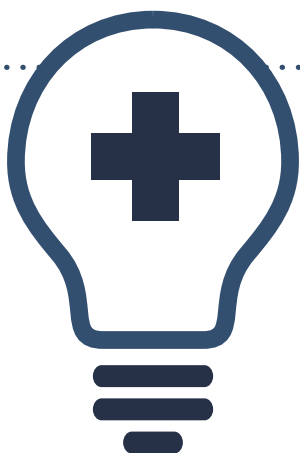
When you suffer from problems with this joint (and the muscles that control it), that's what is known as a Temporomandibular Joint Disorder. TMD is the proper abbreviation, but most people mistakenly refer to it as TMJ.



**More than 15%**  
of American adults suffer from  
chronic facial pain, such as  
jaw pain, headaches, or ear aches.

## Signs you might be suffering from TMD (TMJ):

- ✓ Chronic headaches
- ✓ Pain in the neck and shoulders
- ✓ Inability to fully open the jaw
- ✓ An uncomfortable bite where upper and lower teeth fit together
- ✓ Pain, pressure, or fullness in the ears
- ✓ Stiff jaw muscles
- ✓ Ringing in the ears
- ✓ A jaw that locks (won't move)
- ✓ Pain that radiates in the face, jaw, or neck
- ✓ Jaw pain, clicking, popping or grating when moving the mouth



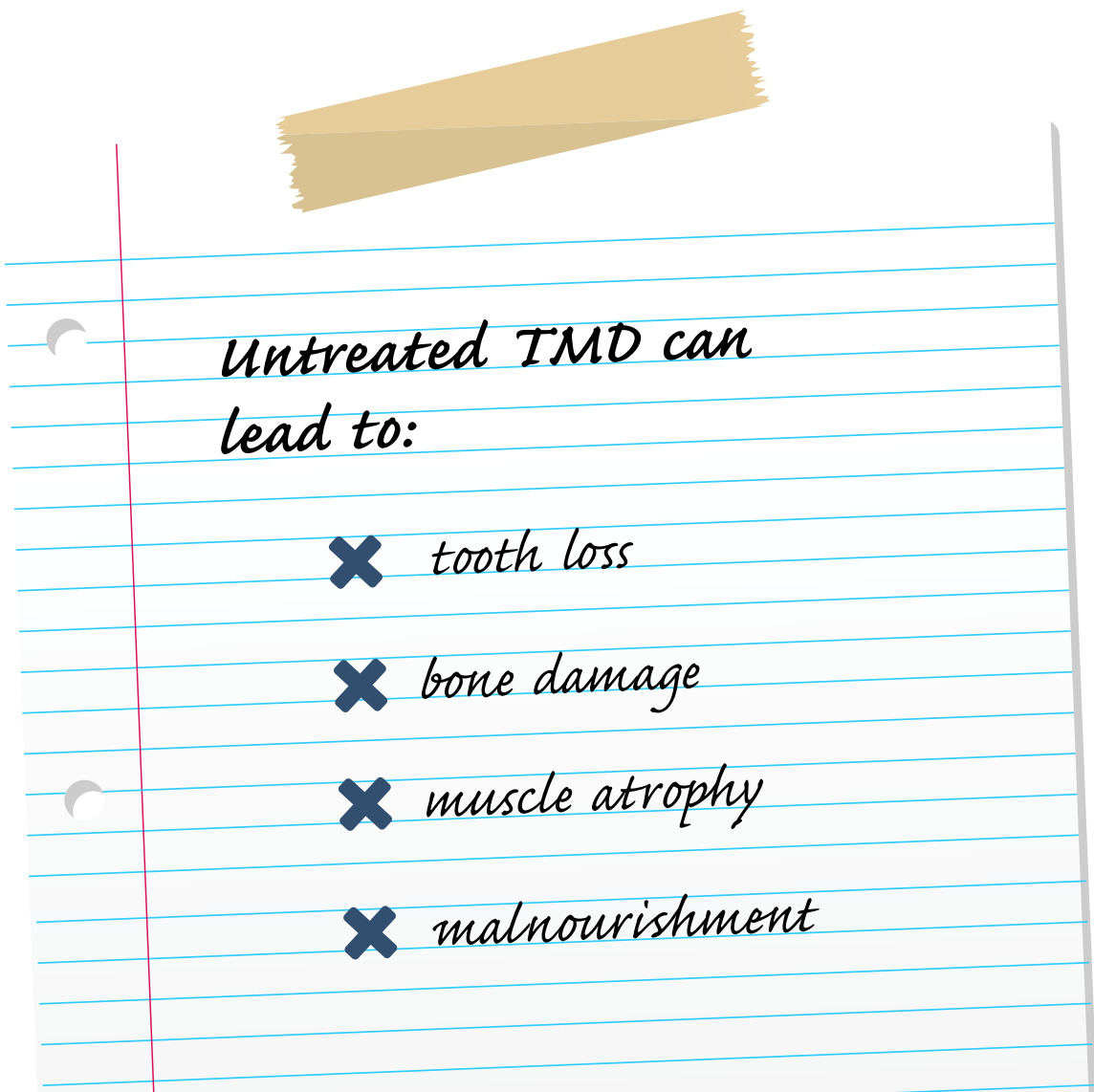
Each of the above symptoms can be indicators of TMD (TMJ).

However, before you assume you have TMD, it's a good idea to visit your regular medical provider to rule out any other possible conditions.

# TMD can lead to severe consequences; don't ignore it!

Many people continue to suffer, thinking their TMD pain will go away without intervention.

In some cases, it will. For millions of others, they will need treatment to stop the pain. If pain isn't motivation enough, it's important to know, untreated TMD can lead to tooth loss, bone damage, muscle atrophy, and even malnourishment.



*Untreated TMD can  
lead to:*

*✘ tooth loss*

*✘ bone damage*

*✘ muscle atrophy*

*✘ malnourishment*

# Avoid Risky Surgery With Non-Invasive Treatment.

There are several non-invasive treatments that have been shown to decrease symptoms and let you get back to living a pain-free life.

- ✓ **Diet change:** A temporary change to soft foods is sometimes enough to allow your jaw joint to heal. This is especially true if you are dealing with a sudden onset of jaw pain caused by an injury.
- ✓ **External therapy:** Alternating the application of ice and moist heat in addition to passive exercise of the jaw can be helpful. As with diet change, this tends to be most helpful with acute (vs. chronic) TMD.
- ✓ **Medicine:** Frequently, over-the-counter medications, like Ibuprofen, can help manage your pain. Sometimes, prescription medications such as those for anxiety or muscle relaxants work to relieve pain and swelling, and provide an opportunity for healing.
- ✓ **Splints or night guards:** Designed to fit over the teeth and improve the positioning of the “bite” and prevent clenching. In most cases, it’s recommended it be worn only at night depending on how severe the case may be.
- ✓ **Dental work:** In many cases, simple dental work such as replacing a missing tooth or placing a crown or bridge may be the best way to return you to healthy alignment and relieve your TMD pain.
- ✓ **Alternative therapy:** In addition to these treatments, there are several options for alternative therapy we can discuss. Examples include acupuncture, Botox injections, electrical stimulation and more.
- ✓ **MLS Laser Therapy:** Manage pain, reduce inflammation, and speed recovery with this revolutionary new treatment. Learn more on the next page!

# What is MLS Laser Therapy?

## What is Laser Therapy?

MLS (multiwave locked system) Laser Therapy is the use of specific wavelengths of light to treat painful and debilitating conditions.

## How does it work?

Light energy enters the damaged cells and stimulates inter-cellular activity. This reduces pain in the area and speeds recovery of the damaged cells. [Learn more.](#)

## What can I expect during a treatment?

MLS Laser Therapy is a painless treatment that lasts an average of 6-9 minutes.

## What can I expect after the treatment?

Most people experience positive results in 1 to 3 treatments, with the average course of treatment being 7 to 10 sessions. Swelling is greatly reduced and there is a rapid relief of pain.



The effects of MLS Laser Therapy are cumulative; therefore, expect to see improvement as you proceed through your treatment plan. It is critical that once you start, you complete the course of treatments recommended by your dentist or symptoms are likely to reoccur.

## Clinical Benefits of MLS Laser Therapy:

- ✓ Anti-inflammatory
- ✓ Analgesic
- ✓ Accelerated tissue repair and cell growth
- ✓ Faster wound healing
- ✓ Non-surgical treatment
- ✓ No negative side effects

*MLS Laser therapy has been cleared by the FDA. See [BioResearch Associates Inc.](#) for more information*

**ENOUGH SUFFERING.**

# **FIND RELIEF!**

- 1 Visit our website, schedule your consultation.**  
Don't worry, you aren't obligated to do anything.
- 2 Come in and we'll discuss your options.**  
We'll meet with you to determine which treatment (or combination) will work best for you!

**CLICK TO SCHEDULE NOW**



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