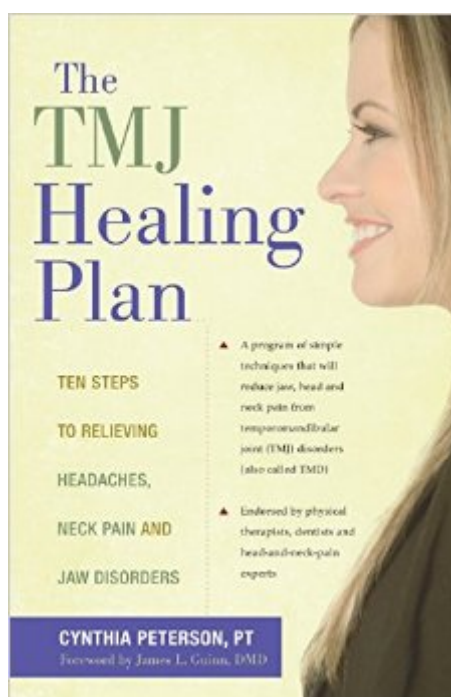


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# The TMJ Healing Plan: Ten Steps To Relieving Headaches, Neck Pain And Jaw Disorders (Positive Options For Health)



## Synopsis

Your Symptoms Won't Change Unless You Do! This book is the ONLY one on the market that will help you with all 10 steps to identify and eliminate common causes and contributors to headaches, neck pain and jaw disorders commonly known as TMJ. Physical therapist, Cynthia Peterson, wants to help you avoid costly and irreversible treatments and teaches you healthy habits for self-care and prevention, offering tips on posture, tongue placement, and simple physical therapy exercises that can reduce, relieve, and even eliminate many problematic symptoms. She also offers guidance on where to turn when more help is needed. Of all the joints in your body, there are only 2 that most doctors refuse to treat and most insurance companies refuse to cover. If you guessed jaw joints, you are correct. Those jaw joints are technically referred to as your TMJ's and problems with them can include symptoms such as headaches; painful jaw joints; difficulty opening or closing the mouth; clicking or locking jaws; ear pain, stuffiness, or ringing; neck, shoulder, or facial pain; tooth grinding or clenching; and morning jaw aches. Though these complaints are common, the average sufferer sees numerous doctors and undergoes several treatments often with little relief. While there is no one-size-fits-all remedy, this book offers safe, proven tools you can begin using right away to improve your condition. Drawing on >20 years as a physical therapist, training in head, neck and jaw pain, and work with dental and medical experts, Cynthia Peterson explains a 10-step process that addresses the root causes and contributing factors of TMJ disorders. Her simple practices and exercises allow you to replace hurtful habits with the healthy ones necessary for long-term relief. You learn to

- Lighten the load on your jaw
- Correct your posture as you stand, sit, and sleep
- Breathe and swallow properly
- Soothe head and neck pain
- Reduce stress and exercise with ease
- Save money by avoiding or reducing costly treatment

More than 50 photos and illustrations Examples Information on getting medical care and choosing specialists Helpful for everyone with a head, neck and jaw. More reviews and helpful resources [tmjhealingplan.com](http://tmjhealingplan.com)

## Book Information

Paperback: 269 pages

Publisher: Hunter House (May 4, 2010)

Language: English

ISBN-10: 0897935241

ISBN-13: 978-0897935241

Product Dimensions: 5.5 x 0.6 x 8.5 inches

Shipping Weight: 13.6 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (79 customer reviews)

Best Sellers Rank: #110,296 in Books (See Top 100 in Books) #63 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Musculoskeletal Diseases](#) #237 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Injuries & Rehabilitation](#) #548 in [Books > Health, Fitness & Dieting > Alternative Medicine > Healing](#)

## Customer Reviews

I read the first few chapters and implemented her suggestions and the tight discomfort in the back of my head was 80% gone. I tried other suggestions and my tooth pain left. I'm working on new habits because it is clear this PT knows her stuff. The fact she uses a lot of Travell's 'red bibles' is validating to me as Janet Travell MD is the absolute authority on myofascial pain. I have put this TMJ book up on a large UK blog and members there have also reported amazing improvement upon using her suggestions. And to think not one dentist offered any of these constructive, non-invasive solutions. But they were so ready to sell me tooth guards and realign my bite, grind down crowns and even suggest root canals. This book is worth so much more than the cost. I am a ret. RN and feel this PT offers so much practical knowledge with great supportive data. An easy read.

I've ground my teeth for years, and I was so thrilled to find this book and hopeful that it would be able to help me. The author seems like a wonderful physical therapist who knows a lot about the subject of TMJ disorders. In most cases, she emphasizes the importance of translating problems into specific action, and guides the reader through some common issues. The chapter on sleep goes into great depth saying that everyone should sleep on their back, and consider side sleeping as a last resort only if they have certain disorders. After reading this, I got ready to order a special pillow that will help me sleep only on my back. A later chapter on teeth grinding says in just one paragraph that people who grind their teeth should not sleep on their backs, so they must sleep on their sides or else elevate the head of their beds. Now I'm confused because little is said beyond that paragraph, and the paragraph doesn't explain why teeth grinding is a separate category that negates everything that she already said about the importance of back sleeping. A good editor would have noticed this contradiction and asked her to explain in the sleep chapter that teeth grinders should not sleep on their backs, but now readers are left to resolve the contradictions. The poor editing leaves me confused about what to do and why, and generally undermines my confidence in

the correctness of the advice. Another example: she says that one should not read in bed, but if one does, one should do so without a pillow, referring to figure 4.8. Figure 4.8 shows a person reading in bed with a pillow. That's what I've seen after reading 1/3 of the book, and I'm disappointed. I still think that I will get some benefit from the book.

I have been a dental hygienist for 35 years and an oral myofunctional therapist for 31 years and this book says it all! For anyone suffering with jaw problems, help is on the way with this book!

My daughter has struggled with TMJ for several years. This book gave us very useful information about how to eliminate many of her bad habits. The book provided several helpful ways to remember proper placement of the tongue and jaw. My daughter's pain has been greatly reduced. We continue to reference it when we need to.

This book represents one of the many rabbit holes I chased when battling TMJ. The author has a lot of good advice and exercises, but it didn't apply to me. In fact, at the time I purchased it, I had been seeing a PT who specialized in TMJ and echoes many of the themes in this book. I did the all exercises religiously, worked on my posture, always kept my tongue in "the spot", tried regular dry needling on my trigger points (not mentioned in this book), stress management, meditation, and despite my diligent efforts, I still had constant clenching, grinding, bracing, jaw pain, facial pain, neck pain, daily headaches, back pain, etc, etc, etc. My PT realized that she wasn't helping me and sent me to a neuromuscular dentist who specializes in TMJ treatment via splints. He made me a custom night splint, and I also wore a daytime splint for several months, which helped (along with an amazing chiropractor) put my TMJ in remission - something I never thought would be possible. No more pain and no more clenching for me! This book presents many solutions for conservative TMJ treatment, but after trying EVERYTHING (or close to it!), I found nearly life-changing treatment through a neuromuscular dentist. (Note: Not all dentists treat TMJ equally. Do research first!) This author briefly skims over the use of splints and how TMJ is connected to the nervous system (p. 17), but for a neuromuscular dentist, that's the whole focus. This book is written solely from the perspective of a physical therapist, so it leaves out other possible avenues of treatment. While it's a great documentation of how to curb TMJ, it's only from the PT point of view. My bottom line: This book is a good start for conservative approach, and it could very well help you on your pathway to relief, but know that every TMJ case is different, and there are other alternatives out there that aren't presented in this book.

I hate to gush, but if The TMJ Healing Plan had even been half as useful and half as packed with applicable information as it is, I'd still give it five stars. Most of the specifics have already been addressed by reviewers, but I want to mention something that seems obvious now, but which I had never really thought of: the jaw is a great barometer for the rest of our body and its proper care and alignment are essential to better health and a comfortable physical existence. There are many things that can go wrong with the jaw: crooked teeth, stress, tongue thrust, injury and bad posture, just to name a few. But not to fear! The TMJ Healing Plan will teach you to deal with these issues in a variety of ways that don't require you to adopt impossible changes to your lifestyle. In short, we all just need a little proper alignment now and then and the exercises, reminders and lessons laid out in The TMJ Healing Plan will absolutely move you closer to optimum health. I was really pleased with my purchase of The TMJ Healing Plan. \*Highly recommended!

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