

For Your Information

PHILIP S. ROSEN, D.C.

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Relationship of TMJ dysfunction and Myofascial Trigger Points

TMJ dysfunction syndrome produces jaw pain at the TMJ; spasm and pain of the masticating muscle; clicking, popping, or crepitus of the TMJ; and restricted jaw movement. Unilateral, localized pain may radiate to other head and neck areas. The patient typically reports teeth clenching, bruxism, and emotional stress. He may also experience ear pain, headaches, deviation of the jaw to the affected side upon opening the mouth, and jaw subluxation or dislocation, especially after yawning.

“The differences of opinion concerning TMJ dysfunction appear to us to result chiefly from differing points of view and overemphasis on only part of the total picture without full consideration of recent advances. Although the signs of TMJ dysfunction and the location of the pain both point to the TMJ as the source of trouble, in fact, such pain is very often referred to the joint from Myofascial Trigger Points (TPs), chiefly in the lateral pterygoid, sometimes in the medial pterygoid or masseter muscles. Inactivation of TPs in these muscles relieves the pain.” Quoted from Myofascial Pain and Dysfunction author Dr. Janet G. Travell and Dr. David G. Simions.

Chiropractic care and TMJ

Chiropractic care is a safe method for relieving TMJ pain. Treatment is usually *massage, Trigger Point Therapy, CranioSacral Therapy, exercise, and gentle mobilization*. People always wonder if they have to get ‘cracked’. While “cracking” or manipulation relieves many people’s pain, for the TMJ there are many other techniques we use that are just as effective. Our office is fully equipped with the newest therapy modalities to relieve TMJ pain.

Dr. Philip S. Rosen, DC

Dr. Rosen graduated from Cleveland Chiropractic College in April 1995. He has been in practice since August of 1995 in the city of Tarzana. Dr. Rosen practices a "Wellness Program", which is based on the principle that the primary cause of all disease can be related to fixations and interruptions of normal tone -- nerves too tense or too slack.

His goal is to provide a unique health care office specializing in getting patients well without drugs, through chiropractic, physical therapy, exercise activities and patient education. He teaches patients how their body works and how to take care of their body outside of the office. He strives to not only correct a person's health problems, but to educate and enlighten people so that they do not encounter similar problems in the future.

Educational and Professional Accomplishments:

- Graduate of Cleveland Chiropractic College of Los Angeles, one of the leading chiropractic colleges for clinical and chiropractic research schools in America.
- Board Certified by the National Board of Chiropractic Examiners.
- Over 15 years of experience in treating nerve, muscle and joint conditions with various forms of physical therapies including manipulation.
- Certification in Chiropractic Foot Care.
- Cranio Sacral Therapy certification from The Upledger Institute.
- Member of SORSI SOT/Cranial Technique Society

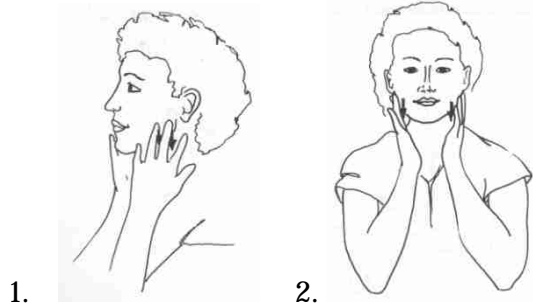
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Two of the many take home TMJ Exercises

SELF-HELP:

Gentle traction to decompress TMJ



PASSIVE SELF-STRETCH EXERCISE

The seated masseter stretch is performed at a sink in three steps. A. Hot packs are applied to the face. B. Two fingers are inserted behind the lower incisor teeth, while the thumb grasps the chin to pull the lower jaw forward. C. Full stretch is achieved by pulling the jaw downward while continuing to pull it forward.



Insurance

We accept most HMO, PPO, and Medicare insurance plans, which are covered under: American Specialty Health Plan such plans as Kaiser, PacifiCare, Secure Horizons, etc. The following is list of plans, which I provide services:

Blue Cross HMO, & PPO
Cigna HMO, & PPO
Landmark
Pacific Care HMO, & PPO
SAG

Blue Shield HMO, & PPO
Great West Guardian
Medicare
Private Health Care Systems
Writers Guild

CAPP Care
Kaiser Permanente
Motion Picture HMO, & PPO
Prudential

Office Hours

Monday: 9:00 AM - 7:00 PM Tuesday: 10:00 AM - 2:00 PM Wednesday: 10:00 AM - 7:00 PM
Thursday: 10:00 AM - 2:00 PM Friday: 9:00 AM - 7:00 PM Saturday: By Appointment
Sunday: Closed

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