

Everything you need to know each month from Optimal Health

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A Pain in the Jaw (and Neck and Head and....)



We love it when newsletter topics come to us. This month, we've been seeing an increase in patients coming in complaining of jaw pain and headaches and that means it's time to talk about TMD!

What is TMD?

Temporomandibular Dysfunction = TMD! TMD is a condition affecting the joint between the jaw and the skull. People often refer to it as TMJ, but that is actually the name of the joint, not the pain or the dysfunction. This condition also affects the surrounding muscles, ligaments and tendons. It is becoming more prevalent in our office and often can be tied to dysfunction in the cervical spine because of the close proximity of the joints and musculature.

Things that contribute to TMD:

- Trauma to the head or neck
- Clenching or grinding teeth
- Nutrition (Eating hard or chewy foods)
- Stress
- Poor Sleep
- Gender (TMD is 2/3 more common in females)

Symptoms of TMD:

- Pain in the jaw joint
- Odd non-congruent movement when opening your jaw
- Audible popping in the jaw
- Headaches
- Locking of the jaw or inability to fully open your mouth

How Chiropractic Can Help:

closing of the jaw.

- Chiropractic treatment of the entire spine, including pelvic leveling and upper cervical adjustments, is important for both nerve function involving the jaw and muscle function involved in opening and closing the mouth.
- Soft Tissue Therapy on the musculature surrounding the jaw, trigger point and myofascial therapy on the muscles attached to the jaw can decrease pain and increase fluidity of the motion.

As always, if something doesn't feel right, whether its a clicking jaw, aches or pains, let us know. We'd love to help you feel your best.

- Dr Chris



A Creative Way to Get Moving



Adjusted Hours for Thanksgiving

A Fun Way to Find Workout Motivation

Sometimes the hardest part about working out isn't the workout itself, but the motivation to start. With many in-person races getting cancelled this year, many race organizations switched over to "virtual racing." While I can totally applaud the creativity, I couldn't always get behind paying money for a run around my neighborhood that I could do for free.

But all of this inspired me and my friend to plan our own "virtual challenges." This summer, we used a simple google drive spread sheet and recorded our miles ran, walked, hiked (anything by foot) and completed 500 miles, or the distance of the Colorado Trail. This October, we did an elevation gain challenge, pushing each other to complete a combined total of 31,000 vertical feet. While we miss in-person racing, we found this to be a safe way to keep pushing ourselves to get our exercise in and in the case of gaining elevation, change up the way we were exercising. Take it from the girl who hates running hills, the elevation challenge definitely changed things up for me and made it so it wasn't boring! And knowing that you'd be recording your results each day with a partner counting on you to put the work in seemed to be the key to just keep going! -Kristen

It's Almost Turkey Time

We are keeping it pretty simple for thanksgiving this year :) Dr. Chris will be adding an extra shift Tuesday afternoon, November 24th, before we will be closed Wednesday, November 25th and on Thanksgiving Day, November 26th. So that means you have all day Monday & Tuesday to get those adjustments in the week of Thanksgiving!

Please call us with any questions or to schedule or pop online to save your time <https://optimal-health-chiropractic.genbook.com>



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