

# TENSE? HEADACHES? NECK PAIN? JAW PAIN?

## Maybe We Can Help

Kaushal Bhuta & Dr. Navin Kander

Do you suffer from a painful aching jaw, especially on waking in the morning? Teeth sensitive? Waking with headaches or a stiff neck? Maybe you are clenching your jaw at night, known technically as *bruxism*.

### What Does Clenching My Teeth Have To Do With These Problems?

Clenching the teeth at night leads to high intensity spasm of the jaw muscles (such as the masseter and the temporalis), which are very sensitive. The result is pain in the surrounding tissues, joints and other muscles.

### Can Chiropractic And Dentistry Make Me Feel Better?

YES, in 2 main ways:

1. Manual Therapy (hands on therapy) reduces the pain by stopping the spasm, restoring blood flow and thus reducing the pain.
2. An *occlusal splint*, properly fitted by your dentist, stops the night time clenching while you're asleep.

### Answering The Following Quiz May Help You Decide If You Have A Problem.

If you answer yes to **more than three of the following** questions, please feel free to talk to either Dr. Kander or Kaushal.

Questions	Answers	
I suffer a Painful, aching Jaw	<input type="checkbox"/> Yes	<input type="checkbox"/> No
I suffer from Sore and sensitive teeth	<input type="checkbox"/> Yes	<input type="checkbox"/> No
I suffer a Stiff neck	<input type="checkbox"/> Yes	<input type="checkbox"/> No
I suffer from Tension Headaches	<input type="checkbox"/> Yes	<input type="checkbox"/> No
No-one seems to be able to Diagnose my condition	<input type="checkbox"/> Yes	<input type="checkbox"/> No
I am taking over the counter pain killers to treat the pain	<input type="checkbox"/> Yes	<input type="checkbox"/> No
I have been treated for jaw pain in the past	<input type="checkbox"/> Yes	<input type="checkbox"/> No
I have had the problem greater than 3 months	<input type="checkbox"/> Yes	<input type="checkbox"/> No