



# Full Potential

Physical Therapy

NEWSLETTER

December 2021



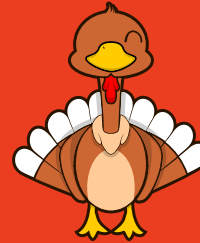
## ARE YOU SUFFERING FROM JAW PAIN? CHECK TMJ!

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December 2021



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THROUGHOUT THIS NEWSLETTER, AND YOU WILL BE  
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## ARE YOU SUFFERING FROM JAW PAIN? CHECK TMJ!

Do you suffer from headaches, grinding of your teeth, clicking of your jaw or even ear pain? You're not alone! These can all be signs of a condition known as Temporomandibular Joint Disorder (TMJ).

This is a disorder of the jaw muscles and nerves caused by injury to the TMJ (the temporomandibular joint), which is the joint between your jaw and skull. A physical therapist can take a look at your symptoms and help to diagnose you if this is what has been causing your discomfort!

If you're living with this condition, don't fret! The skilled physical therapists at Full Potential Physical Therapy are here to help you find true pain relief once and for all. Call our clinic today and cut the cord tying you to your pain!

### Common causes of TMJ Disorder:

According to ChoosePT, TMJ disorder is so common that it currently affects more than 10 million people in the United States. That's a lot! There are several reasons you may be experiencing symptoms of temporomandibular joint disorder.

Multiple factors contribute to the muscle tightness and dysfunction that characterize this condition. Most often, poor posture and neck alignment change the pull of the

muscles that make your jaw move. This causes painful grinding and irritation of the temporomandibular joint.

Other causes may include:

- Poor alignment of or trauma to the teeth or jaw (malocclusion)
- Clenching of the jaw (bruxism)
- Lockjaw (trismus)
- Teeth grinding
- Poor posture
- Stress
- Arthritis or other inflammatory musculoskeletal disorders
- Excessive gum chewing

When you see a physical therapist for pain relief for TMJ disorder, they may ask you questions about your daily life including stressors and chronic conditions that could be causing your pain.

### Symptoms of TMJ:

There are several ways to know if you may be dealing with TMJ, although the best way to find out for sure is to visit with a Full Potential physical therapist!

*(Continued Inside)*



# HOW CAN PT HELP WITH TMJ?

*(Continued From Outside)*

When a person has TMJ, the injured joint leads to pain with chewing, clicking, and popping of the jaw; swelling on the sides of the face; nerve inflammation; headaches; tooth grinding; and sometimes dislocation of the temporomandibular joint.

The bad news is that this condition can make everyday things such as talking and eating pretty uncomfortable. The good news is that a lot can be done to help TMJ disorder, first starting with a thorough evaluation of your problem with our expert physical therapists!

## How can a physical therapist help with TMJ?

Dentists and orthodontists aren't the only ones who can treat TMJ disorder. Physical therapists can as well. At your first appointment with Full Potential Physical Therapy, a thorough examination of your neck, shoulders, and thoracic spine will be performed to determine whether those structures are causing your symptoms.

Once the root cause of your problem has been discovered, a comprehensive plan can be developed to

quickly relieve your pain and restore natural movement to your temporomandibular joint. Furthermore, our physical therapists will teach you techniques for regaining normal jaw movement for long-lasting results.

The focus of physical therapy for TMJ is relaxation, stretching, and releasing tight muscles and scar tissue. In most cases, physical therapy can resolve TMJ and prevent the need for surgery.

However, in cases where surgery is absolutely necessary, physical therapy is a vital part of the recovery process, as it helps minimize scar tissue formation, muscle tightness, and allows for a complete recovery.

Your recovery plan may involve a range of procedures and modalities, such as jaw exercises, soft tissue massage, joint mobilization, myofascial methods, electrical stimulation, and ultrasound. Your PT will also work with you on improving your posture as well since this can contribute to TMJ-related pain.

## Healthy Recipe

### GINGERBREAD COOKIES

#### INGREDIENTS

- 3 cups whole wheat pastry flour, plus more for work surface
- 2 tsp ground ginger
- 2 tsp ground cinnamon
- ¾ tsp kosher salt
- ½ tsp ground cloves
- ½ tsp finely ground black pepper
- ½ tsp baking soda
- ¼ tsp baking powder
- ½ cup melted coconut oil
- ½ cup unsulphured molasses (regular

molasses for lighter, somewhat spicy cookies or blackstrap molasses for very spicy, intensely flavored cookies)

- ½ cup packed coconut sugar
- 1 large egg
- Powdered sugar, for dusting (optional)
- Lemon Icing Ingredients
- ½ cup powdered sugar (here's how to make your own)
- ¼ tsp lemon zest (optional, for intense lemon flavor)
- 2 ¼ tsp lemon juice

#### DIRECTIONS

Combine dry ingredients. In a separate bowl, whisk together coconut oil and molasses. Add coconut sugar and the egg; whisk until blended. Combine liquid and dry ingredients and mix until a dough forms. Divide dough in half, shaping each into a round disc about 1 inch thick. Wrap discs in plastic wrap and chill in the refrigerator for about 1 hour. Preheat oven to 350°F with racks in the middle and upper third. Lightly flour your work surface and roll out one disc until ¼ inch thick. Cut out shapes with cookie cutters and place each on a parchment-lined baking sheet, leaving about ½ inch of space around each. Combine dough scraps into a ball and roll out again, repeating until all dough has been used. Repeat with remaining disc. Bake for 8 to 11 minutes (softer cookies: 8 minutes, crisp cookies: 11 minutes). After cookies have cooled, ice and/or sprinkle with powdered sugar.

<https://cookieandkate.com/healthy-gingerbread-cookies/>



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**Thanks A Bunch,  
The Full Potential Staff**



**Full Potential**  
**PHYSICAL THERAPY**

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[www.fullpotentialpt.com](http://www.fullpotentialpt.com)



# HOW ARE YOU GOING TO HUNKER DOWN THIS WINTER?

I hope this letter finds you well and ready for the hunker down months of winter that are on the horizon. Hunker is an interesting word, one definition is to settle in or dig in for a sustained period which is often used with the word “down” to give its full meaning. It was commonly used back in the early west when the settlers had to be tough as nails to survive winter and the phrase “hunkered down” fit the demands of those difficult times. In Michigan, winter is a time where we often hunker down and go into hibernation mode to minimize our exposure to the cold, snow, slush, freezing rain, and oh yes, the wind which adds some extra chill to the mix.

For many, winter is associated with not only shorter amounts of daylight but more sedentariness and since the kitchen is not far from the TV, more food and snack opportunities. And, do not forget the food season is now upon us too, holiday parties, delicious meals and desserts, right from the get go, before a snowflake has fallen, we get launched into the wrong direction of calories stored versus burned. By the end of winter, the spare tire hiding in the trunk works its way out front and is holding steady at 38 psi.

This protrusion is soon to become a major intrusion in our lives as we pull out our spring attire and there is no hiding that spare tire staring us in the face. Yes, those sweats with the expanding draw string do a great job of camouflaging the tire until the moment of truth arrives with the robins and we have to face the reality that the mirror will not hide. True, the front view can obscure the truth but unfortunately the profile view can be cruel. There it sits, four to five months of calories perfectly stored.

Unfortunately, this mixture of influences is not exactly the recipe to emerge on the other side of winter ready to seize the new season. Life and warmer weather beckons us outside but we emerge more yogi bearish in shape than before hibernation began. The robins and crocuses are inviting us back into action but we have lost as a result of what we have gained; yes, we have lost some tone in the tummy as we have gained some pounds all around.

At times, this is where we, at Full Potential, get involved. People feel the exuberance of spring and think their body is as ready to go as much as their mind is ready to break the spell of cabin fever. It is not an uncommon occurrence that some kind of strain or overuse occurs in those first few weeks of warmer weather, spring chores, walking, biking and all the “ings” calling one to participate. Because there is suddenly a marked increase in activity with no ramp up, the body rebels and help is needed from a “tune up” to an overhaul.

So, I write this to try and help us all see the potential storm waiting on the other side of winter’s calm. Unfortunately, I have seen this phenomenon even outside of the winter’s promotion. Working from home, being isolated, along with gym closures due to Covid has added another source for this “winter tire” to show up along with his close friend, Mr. Deconditioning. They go together

like eggs and bacon to put one at a definite disadvantage when spring and life calls one out of doors.

Yet, it does not have to be this way if we can get a timely head start. How? Well, start with a weigh in, get the statistics on paper and see where you are before “tis the season” hits full swing. Then, set a goal of what you want your weight to become by March 22 (beginning of spring) and monitor per week. Write those numbers on a calendar – week to week – and track your stats. If you start losing the battle, pick up your activity level a little and cut the calories a little. Small changes early can keep you from needing to undergo big changes later.

Have a piece of aerobic equipment in your house and take the laundry off it and dust it off. Last month, I talked about the Nordic Trac cross country machine as an excellent tool for maintaining and building postural strength along with aerobic non-impact exercise, but it can be anything you enjoy – a stationary bike, treadmill, or elliptical machine. And, one can still walk in the winter if you are of the motivation. What is needed is consistency and so the indoor equipment can help you keep a regular routine if the weather takes a long turn for the worse. Here is a simple plan, a short list of sorts to give you a push in the right direction.

1. Goals – set some targets for yourself. Make them realistic, light challenges are best.
2. Make a commitment to exercising and to staying ahead of your calories. Do your weigh ins.
3. Find your aerobic tool and make friends with it.
4. Set up a schedule and commit to burning some calories.
5. Take a look at your diet and try to make some easy changes. Just not eating the late-night snack would do a lot of good.
6. Come and see a physical therapist at Full Potential if you are starting this winter season already in a hole with pain, stiffness and limitations. It never feels good to try and be active when your body has mechanical issues holding it back. We love to see people succeed and be ready to enjoy life when the weather improves. As well, when you come here you will receive a tailored program designed to improve deficits related to your mobility, strength and flexibility. Plus, we can advise you on how to get going on an aerobic program.
7. You are the best investment of your time, effort and resources. When your body is ready to roll then you are more able to rock your world. Take action now and you will be so happy you did come spring.

Remember, it all starts with a plan and having your PT in your corner as coach and cheerleader can be a great asset to success.

Best,

**Vincent Hanneken, PT**





# Full Potential

## Physical Therapy

### EXERCISE ESSENTIALS



#### RETRACTION / CHIN TUCK

Start in a seated position with your back straight. Slowly draw your head back so that your ears line up with your shoulders. Hold this position for 10 seconds, then release.

### HAVE YOU REACHED YOUR ANNUAL INSURANCE DEDUCTIBLE?

An insurance deductible is the amount of money that you must pay before your insurance company pays for your medical services. If your deductible is met, your Physical Therapy may not cost you anything. Patients with family plans or those who have had major surgeries or have a chronic illness are especially likely to have a \$0 balance remaining on their out-of-pocket expenses. This means that the cost of physical therapy could be minimal or completely covered by the patient's insurance plan.

If you are close to or have met your insurance deductible for the year, then now is the time to come in for Physical Therapy! Are you feeling aches and pains? Need to work on your core? Let us help you get a head start for 2022.

Have you undergone surgery recently? Call us today to schedule an appointment with one of our physical therapists. We'll guide you to affordable treatments that will place you one step closer to pain relief.

### PATIENT SUCCESS STORY



#### THEY WANT YOU TO SUCCEED!

I was in a lot of pain from a work accident. I have been able to get back to my life without being in pain. My therapists gave me encouragements, helped me during my dark days, and helped so much getting me back to my old self!

The clinic is nice from the moment you walk in the door. The people are encouraging and good listeners, and they want you to succeed.

*Rebecca D.*



### QUOTE OF THE MONTH

SOMETIMES THE SMALLEST STEP IN THE RIGHT DIRECTION ENDS UP BEING THE BIGGEST STEP OF YOUR LIFE

