The TMJ Healing Plan: Ten Steps to relieving Headaches, Neck Pain and Jaw Disorders

Citation metadata
Author: Gloria Pacini
Date: Oct. 2010
From: CRANIO: The Journal of Craniomandibular Practice(Vol. 28, Issue 4)
Publisher: Taylor & Francis Ltd.
Document Type: Book review
Length: 699 words

Main content

Article Preview:
The TMJ Healing Plan: Ten Steps to relieving Headaches, Neck Pain and Jaw Disorders
By Cynthia Peterson, PT
Hunter House Pub., Alameda, CA
2010:269 pp, $16.95, Paperback
ISBN 978-89793-524-1

The temporomandibular jaw joints (TMJ) are tiny in size, but the havoc they can wreak is astounding. In her book, The TMJ Healing Plan, Ten Steps to Relieving Headaches, Neck Pain, and Jaw Disorders, Cynthia Peterson, PT, explains the elusive TMJ dysfunction in a manner that can be understood by patients and health care professionals. There are many recommended therapies to treat TMD, and Cynthia has done an excellent job explaining the multidisciplinary problems and treatments available to patients.

I appreciated the layout of the book. Each chapter deals with a different component of TMD. The anatomy of any particular component is interspersed throughout the chapter at the moment of need. The author has included helpful diagrams, photographs, and a summary of each chapter. In addition, she has included a "Checklist for Change" table dedicated to the chapter topic. This table depicts "hurtful habits," "healthy habits,"...

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Gale Document Number: GALE|A254013157

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The painful joint disorder known as TMJ manifests in the jaw, neck, back, and head, making it a debilitating condition that can adversely affect daily life. The many sufferers of TMJ -- the disorder is shockingly common, affecting 1 in 25 people -- often must pay exorbitant fees for dental splints ($450) or surgery (upwards of $100,000), and they are forced to invest time and energy to manage their pain. Cynthia Peterson wants to help TMJ sufferers to find a new way to alleviate their discomfort, offering tips on posture, tongue placement, and simple physical therapy exercises that can reduce the TMJ Healing Plan will teach readers to relieve their pain through simple retraining of tongue use, posture, and exercise techniques. Through this 10-step process endorsed by physical therapists, dentists, and head-and-neck-pain specialists, TMJ pain can be eliminated. Temporo mandibular joint disorders are shockingly common, effecting 1 in 25 people. From dental splints ($450) to surgery ($100,000+), sufferers have invested enormous amounts of time and energy to alleviate their pain. Cynthia Peterson provides tips on posture, placement of your tongue, and simple exercises that will reduce pain.

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