



## Arkansas Dental Health & TMJ Therapy Center

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**LISA LIPE**

### *"Patient's Search for Pain Relief Leads Her to Arkansas Dental Health and TMJ Therapy Center"*

For the past few years I have tried numerous treatments for my TMJ disorder. Some of the treatments I underwent were massage, physical therapy and relaxation techniques. One orthodontist offered a nighttime appliance; another suggested a type of splint therapy, which would "allow my jaw to find the proper position." He claimed my jaw was too short and that I was in pain due to holding it forward to compensate. I was sent to have my wisdom teeth removed before beginning splint therapy. After one year of treatment with this type of splint, I was in more pain than when we started the treatment. I was using muscle relaxants and suffering a nervous breakdown. The continued pain, I was told, must be a result of clenching my teeth and not relaxing. In other words, it was psychological.

My joints suffered damage due to the compression that occurred during this therapy. At Arkansas Dental Health and TMJ Therapy Center, the function of the TM joint was explained to me, and the problem being caused by my joints being so compressed. I could barely open my mouth and I had constant pain in my head, neck and shoulders. Improvement began after I was fitted for a splint that brought my jaw forward to decompress the joints. I was also referred for chiropractic treatment for my neck and back. Getting the discs and muscles to the functional place where they are now has taken cooperation with my treatment and patience on my part. I no longer need muscle relaxants or pain relievers and I am able to open my mouth wide.

After learning that having my bicuspid removed as a child contributed to my subsequent TMJ problems, I had both of my children examined. My twelve-year-old daughter, who had also had these teeth removed, was already popping on the disc in one of her joints. I realized that my son's overbite needed to be treated differently to prevent TMJ issues for him. Both of my children are currently receiving TMJ orthodontics.

When I began TMJ therapy, I had almost lost hope, fearing I would be disabled and in chronic pain for the rest of my life. I am so thankful for the help I am now receiving from Arkansas Dental Health and TMJ Therapy Center.