

**Book Online -  
www.jawphysio.com.au**

**Perth Clinics;**

**1 Vestita Street, Beeliar WA 6164  
(Near Cockburn Shopping Centre)**

**Bassendean—Opening Soon**

**Jindalee/Joondalup—Opening Soon**

**Margaret River  
5 Honeyeater Loop**

**Darwin clinic;  
www.jawphysio-darwin.com.au**

**Correspondence via Email: jawphysio-  
therapist@gmail.com**



**Leigh Ray;**

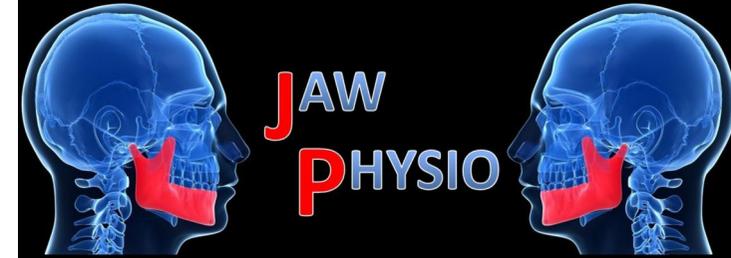
**Expert Physio for Jaw pain, Migraines, Head-  
aches, neck pain, ear pain/discomfort/noise  
and upper limb nerve pain.**

**Jaw Pain (TMD—Temporomandibular dys-  
function)—usually 4 sessions**

**Headaches / Migraines—usually 6 sessions.  
No cracking of cervical spine.**

**Dampening down of trigeminal nerve via the  
top 3 neck joints**

**& differential diagnosis of other pain struc-  
tures from jaw joint areas.**



**Head / Jaw / Face Pain &  
Temporomandibular Dysfunction**

There is very little training in TMD in;

- general medicine degree,
- dental degree
- or physio degree,

Leigh has decided it is time to help update every-  
one on this condition.

**Did you know;**

95% of the population clench.

So it is the 2nd most common body/  
musculoskeletal pain (after lower back pain)

It often presents as anxiety in the acute phase,  
rather than pain.

AMA stats 2017—61% of presentations to GP's  
are due to anxiety. Therefore differential diagno-  
sis of a mechanical issue could be very helpful.

**Leigh's clients travel from all over Australia,  
and the world for treatment.  
She usually only needs 4 sessions.**

**If it isn't 50% better after 2 –3 sessions she  
refers on to Oral Maxofacial surgeons for cli-  
ent management.**

## Leigh Ray—Expert Jaw Physio

Leigh completed her degree in Physiotherapy in 2001 at Curtin University.

Leigh has treated jaw pain since 2008 after consulting to some of the top Dentists in London on 'Harley Street', where she worked for 3 years.

After returning to Perth she is one of the most recognised Physiotherapists treating this condition.

She only treats jaws, necks, headaches, migraines and upper limb entrapment syndromes.

She has had mentoring from some of Perth's best Oral facial surgeons and Oral Maxofacial surgeons.

She regularly attends and lectures at dental and physiotherapy CPD evenings.

### **No Referral needed for Physio:**

Once anti-inflammatory and pain medication have been prescribed and advice on regularly ICE'ing the sore side ,(heat will make it worse) please come and visit Jaw Physio.

Jaw Physio is able to differential diagnose without a CT or MRI.

If after 3 sessions the client has not responded we will refer the client for an MRI/CT and onto an Oral Maxofacial surgeon.

If the client is 85% better after 4 sessions, we refer on for a night occlusion splint to reduce night clenching.

## Triggers For Clenching

**New research is showing increased clenching can be associated with a reduction of oxygen in the body.**

**Thus poor nutrition, poor gut health, or changes of medication, are all big triggers for more clenching. Other Triggers;**

### **Gastrointestinal problems;**

Anemia, IBS, crohnes disease, bowel bleeds, ulcers, reflux

### **Respiratory blockages**

Nasal septum deviation, sinusitis, rhinitis, broken nose, polyps, wide tongue, backward displacing tongue with sleeping on back,

### **Hormonal changes**

Teenagers, menopause (pre, during and post), pregnancy, change of contraceptive pill,

### **Changes in medication**

Especially anti depressants (effect of which can stimulate clenching for up to 3 months)

### **Ergonomics**

Sustained sitting in poor postures, with head forward or chin poke positions, more than 1 computer screen, repetitive heavy lifting, etc

### **Stress**

Not a primary trigger, usually the last health problem to flare it up.

We can do so much more you, and give you tools to reduce your symptoms, instead of blaming it on stress and anxiety.

## Team Approach

**Many people need to be involved with this condition to manage it.**

**It is not a one person fixes all pathology.**

**Most people will present to their GP or dentist.**

Signs of morning tightness in jaws, or morning headaches is a big sign of night bruxism.

Symptoms of clicking jaw with pain, discomfort or jaws clunking/moving out of place.....are all signs to see Jaw Physio.

(30% of the population have clicking jaws with no pain and are not likely to develop TMD).

Did you know that the Dentist is unable to differential diagnose whether it is joint arthropathy, TMJ disc inflammation and displacement/dislocation, synovitis, myopathic changes etc.....but Jaw Physio can.

Signs of grinding is too late. Clenching does not show wear on the teeth, and if done for over 10 years can lead to TMJ disc dislocation/derangement (without the obvious teeth cracking).

Most clients will need;

- Jaw Physio
- Expert Dentist for night splint
- Nutritionist for gut issues
- ENT for blocked nose