Physical therapists at Bethesda Physiocare have specialized in the clinical management of patients with craniomandibular pain and dysfunction.

**DENTISTRY AND PHYSICAL THERAPY**

Dentists, orthodontists, oral surgeons, and ear-nose-and-throat specialists play a vital role in assisting patients with headaches, neck and shoulder pain, and temporomandibular disorders [TMD]. Leading specialists agree that the management of TMD, headaches and facial pain requires a multi-disciplinary approach that includes physical therapy.

The signs and symptoms of TMD are often the result of altered interactions of multiple functional factors including occlusion, the muscles of mastication, and the temporomandibular joint. To adequately analyze these factors, the dynamics of the cervical spine can no longer be ignored. The cervical spine can mimic many symptoms thought to originate from the TMJ and/or the muscles of mastication. Recent studies have demonstrated that 93% of patients with migraine headaches present with clinically relevant cervical myofascial trigger points compared to only 29% of the control subjects.

The TMD diagnostic criteria defined by Dworkin and LeResche (Dworkin, S.F. and L. LeResche, Research diagnostic criteria for temporomandibular disorders: review, criteria, examinations and specifications, critique. J Craniomandib Disord Facial Oral Pain 6: 301-355. 1992) specifically include myofascial pain as muscle pain with or without limited mouth opening. All facial and cervical muscles refer pain to the head and face; the temporalis and masseter muscles refer pain directly to the teeth and gums and mimic dental pain, temporal headaches, acute and chronic tension-type headaches, and migraines. Forward head postures are

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**Key Points**

Consider a referral to Bethesda Physiocare if your patient presents with:

- Cervicogenic or Migraine Headaches
- Neck or Shoulder Pain
- Facial Pain
- Disc Displacement with or without Reduction
- Hyper- and Hypomobility
- Myofascial Pain
- Asymmetric Mandibular Movements
- TMJ Dysfunction
Directions to Bethesda Physiocare

From the North (Maryland) and West (Virginia): Take I-495 to Exit 36, Rte 187 (Old Georgetown Rd) south. Turn right to Del Ray Avenue and an immediate left to park in the garage underneath the building.

From the South (DC): Drive north on Wisconsin Avenue. Take a left at Rte 187 (Old Georgetown Rd). Bethesda Physiocare is on the left after Cordell Avenue. Make a left at Del Rey Avenue and an immediate left to park in the garage underneath the building.

By Metro: Take the Red Line to the Bethesda station. Walk north on Old Georgetown Road for about three blocks, or take the “Bethesda 8 Shuttle” (free) from the Metro station, which can drop you off across the street from the building at 7830 Old Georgetown Road.

Referred pain pattern of the sternocleidomastoid muscle

very common in as many as 88% of patients with head and neck pain.

Physical therapists at Bethesda Physiocare have specialized in craniomandibular dysfunction and offer patients a thorough evaluation and a comprehensive treatment plan. We have completed advanced studies and an internship with Dr. Mariano Rocabado, the world authority on the interactions between physical therapy and dentistry. We can help you help your patients. It is time to fill in the missing link and present to our patients a multidisciplinary, professional and highly competent team that will help them eliminate their suffering and bring back their life and function.

Call us today for a consultation or a brief presentation in the convenience of your office.