

# TMJ, Muscle activity, and Chiropractic care

Living with joint and muscle pain can make our day-to-day life more difficult than it has to be. It can make basic movements of the body feel like daunting chores and leave us in pain. When it comes to coping with pain, the best course of action is always to understand better what is causing that pain at the source and then remove it rather than masking that pain with medications.

Those who live with cervical spine disorders and TMJ discomfort are often left feeling as though there isn't much that they can do as diagnoses can be difficult for both. As a result, researchers recently conducted a study to assess the impact of a 3-week program that focused on managing neck pain through chiropractic care. In the study, 25 patients with neck pain and 35 patients (the control group) who did not suffer from pain or TMJ presented for care over 3 weeks. The muscle activity surrounding the craniofacial and cervical areas was measured before and after care. At the end of care, it was found that there was a significant decrease in bioelectrical activity in these regions! Muscle pattern in patients in the control group was also found to increase! This means that both groups, those suffering and those not suffering, actually benefitted from care!

Chiropractic care works to ensure our body is functioning properly without any interference. When we remove subluxation, the nervous system can work at its' best – meaning symptoms of dysfunction decrease and/or disappear! We don't feel pain for no reason. Pain is our body telling us that something is not functioning properly and needs our attention. Incorporating chiropractic care into our health care plan not only allows us to remove pain at the source, but it also helps us keep pain and symptoms of dysfunction and bay by ensuring that we always function optimally!

Kielnar R, Mika A, Bylina D, Sołtan J, Stolarczyk A, Pruszczyński B, et al. (2021) The influence of cervical spine rehabilitation on bioelectrical activity (sEMG) of cervical and masticatory system muscles. PLoS ONE 16(4): e0250746. <https://doi.org/10.1371/journal.pone.0250746>



**Correcting subluxation with chiropractic care impacts not only the structure and function of the neck but also the TMJ and facial structures.**



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