TMJ Care Checklist Before You See a Chiropractor

Use these steps from the article to manage TMJ pain safely and choose the right provider.

- [ ] See a dentist or doctor first to confirm the TMJ diagnosis.
- [ ] Eat soft foods while the jaw is painful.
- [ ] Apply heat or cold to the face and do gentle jaw exercises.
- [ ] Reduce jaw clenching, gum chewing and nail biting.
- [ ] Ask the dentist about a splint that does not change the bite.
- [ ] Ask the chiropractor for a written plan with a review date.
- [ ] Tell the chiropractor about every health condition before treatment.
- [ ] Get a second opinion before any surgery or permanent bite change.
- [ ] See a dentist or doctor promptly for a locked jaw or constant jaw pain.
- [ ] Call 911 for jaw pain with chest pain or shortness of breath.

Notes

For general education only. Not a substitute for professional medical advice.
Read the full article: https://healthhorizonguide.com/chiropractic/chiropractor-for-tmj/