Locations

Island Health Center Physical Therapy
310 Taughannock Blvd.
Ithaca, NY 14850
(607) 252-3500

Brentwood Physical Therapy
10 Brentwood Dr., Suite A
Ithaca, NY 14850
(607) 274-4159

Cortland Physical Therapy
1129 Commons Ave.
Cortland, NY 13052
(607) 252-3500

Physical Therapy
TMD: TEMPOROMANDIBULAR DISORDER

Cayuga Medical Center
Physical Therapy
(607) 252-3500
www.cayugamed.org
TEMPOROMANDIBULAR DISORDER

What is TMD?
TMD is a group of conditions that affect the jaw joint and associated muscles used for movement of the jaw and neck.

Signs and Symptoms
- Pain in the jaw muscles and the temporomandibular joint (TMJ)
- Decreased range of motion of jaw
- Pain radiating to face, neck or shoulders
- Painful clicking, popping sounds while opening or closing the mouth
- Headache, facial pain, ache or discomfort

Role of physical therapy for management of TMJ pain and disorder
- Decrease muscle and joint pain
- Help improve range of motion
- Improve ability to eat, drink, and talk in the short term and provide you tools for long term self management
- Manage headaches and neck pain associated with TMD
- Work with you and your dentist to provide best care and management for your condition

Colleen Robinson is a Doctor of Physical Therapy and board certified orthopedic specialist. She has advanced education through residency training and continuing education. Her interests and specialties include management of low back pain, neck pain and TMD.

Does my insurance cover this?
If you have a medical diagnosis and a referral from a physician, most insurance plans do cover physical therapy for the treatment of temporomandibular disorder. Check with your insurance company to see if your policy covers physical therapy services.

How do I get started?
Ask your doctor if physical therapy would be beneficial to you. If therapy is appropriate for your condition, your doctor will give you a referral. To schedule an appointment call (607) 252-3500. Bring your physician’s referral with you to your first appointment.

Colleen Robinson, a physical therapist with a specialization in TMD, will meet with you one on one to provide a thorough examination and come up with a treatment plan with you to help you decrease your pain and improve your function.