



PHYSICAL THERAPY

TEMPOROMANDIBULAR JOINT (TMJ) REHABILITATION



The Department of Physical Therapy, Rehabilitation and Sports Medicine at Chester County Hospital has extensive experience in treating disorders of the temporomandibular joint (TMJ). Our team has advanced educational training in TMJ manual therapy techniques from industry leaders.

Working as part of a multidisciplinary team that includes dentists, oral and maxillofacial surgeons, orthodontists, and primary care physicians, we don't just treat pain, we address the cause of the patient's condition.

Our therapists are committed to incorporating the latest developments in the treatment of TMJ. We utilize a combination of exercise, education and manual techniques to help patients recover and eliminate pain.

► TREATMENTS & SERVICES INCLUDE:

- Postural evaluation
- Joint mobilizations
- Myofascial release
- Soft tissue mobilization
- Craniosacral therapy
- Muscle energy techniques
- Neuromuscular reeducation
- Instrument assisted soft tissue mobilization (IASTM), utilizing graston and cupping
- Parafunctional behavior modification
- Sleep positioning education
- Therapeutic exercise
- Diet modification

**A physician's prescription is necessary for treatment.*

FOR MORE INFORMATION OR TO MAKE AN APPOINTMENT:
610.738.2480 | ChesterCountyHospital.org/PhysicalTherapy

Physical Therapy, Rehabilitation and Sports Medicine

LOCATIONS

Chester County Hospital

701 East Marshall Street
West Chester, PA 19380
610.738.2480

Fern Hill Medical Campus

915 Old Fern Hill Road
Building A, Suite 4
West Chester, PA 19380
610.738.2480

Penn Medicine Exton

Commons at Oaklands
700 West Lincoln Highway
Exton, PA 19341
610.518.5845

Medical Building at New Garden

830 West Cypress Street
Kennett Square, PA 19348
610.444.6242

Penn Medicine Southern Chester County

455 Woodview Road
Suite 115
West Grove, PA 19390
610.345.1950

All locations are facilities of Chester County Hospital