



**REHAB ASSOCIATES**

OF CENTRAL VIRGINIA



**HEAD, NECK &  
FACIAL PAIN**



## Stress affects our physical health

### **Craniofacial Therapy with special focus on:**

- **Jaw Pain or TMJ Disorders**
- **Headaches**
- **Neck & Shoulder Pain**

Head, neck, and facial pain can be agonizing and unbearable to live with. Pain in this region of our body decreases the ability to function and perform routine daily tasks.

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### **There are many causes for pain associated in the Craniofacial region:**

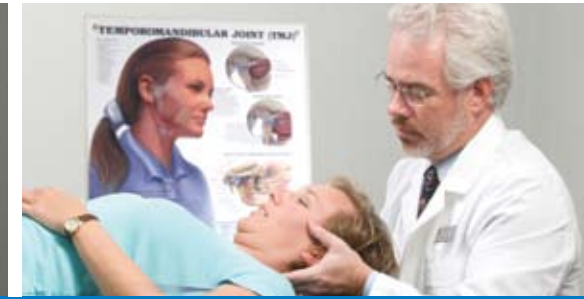
- **Emotional stress and anxiety**
- **Acute trauma to the head**
- **Grinding and clenching of teeth**  
(oftentimes a result of emotional stress)
- **Poor ergonomics while at work or on the computer**
- **Degeneration of the joints due to aging or excessive use over an extended length of time**
- **Viruses or severe illness**

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If you suffer from excessive pain in your head, neck, and/or face, Rehab Associates has an Expert Physical Therapy team that will assess your symptoms and create a plan that works best for your overall health and lifestyle. *There is no excuse to continue living with the pain.*

### **Our Head, Neck and Facial Pain Physical Therapy Program is conducted at:**

The Clifton St. Practice in Lynchburg, VA  
Mon. - Fri. 7 am - 7 pm 434.528.1848



## Reduce pain & improve function

### Physical Therapy Can Help~

Do not let Craniofacial pain continue to affect your physical well being. If you suffer from any of the following symptoms, physical therapy may help.

#### Jaw Pain

- Temporomandibular Joint (TMJ) Disorders
- Limitations in jaw movements
- Painful jaw muscles
- Rehabilitation after oral or maxillofacial surgery

#### Headaches

- Tension headaches
- Headaches arising from the neck

#### Neck and Shoulder Stiffness & Pain

- Limitations in neck movements
- Painful neck movements
- Radiating neck pain
- Postural abnormalities

### Physical Therapy Treatment~

#### Manual Physical Therapy Techniques:

- Specialized hands-on procedures performed to reduce pain and improve function

#### Therapeutic Exercises to:

- Improve strength
- Improve range of movement
- Improve joint stability and posture
- Reduce pain

#### Modalities:

- Used for inflammation and pain reduction

#### Individualized Home Exercise Program:

- Provided to each patient as a complement to physical therapy treatments

#### Patient Education:

- Instruction provided for symptom reduction
- Chronic pain prevention

### The first step

*what you need to do~*

First, you may want to speak with your physician or dental professional regarding the condition you are experiencing. They are a good resource in understanding your symptoms and diagnosing the underlying medical cause. **Medicare patients must have a referral from their physician.**

Then contact Rehab Associates' Clifton Street Practice. You will then be set up for the initial evaluation. Please see our Web site [www.racva.com](http://www.racva.com) for the important documents that need to be completed before your physical therapy evaluation.



#### About our Craniofacial Physical Therapist

Andy Tatom, PT, DPT, OCS, graduated from Old Dominion University's Physical Therapy program in 1982. He completed his Doctorate of Physical Therapy from Rocky Mountain University in 2005 and has been a Board Certified Clinical Specialist in Orthopedic Physical Therapy since 1995.

His special interests include craniofacial, spine, manual therapy and industrial rehabilitation.

### Success with Physical Therapy at Rehab Associates: A Case Study

Middle aged female with chronic bilateral TMD reported intermittent "catching" in her jaw during eating. She also stated a habit of intermittently clenching her teeth. Patient was presented with forward head and shoulder posturing as well as a retroinclined profile. She was treated with manual therapy techniques, therapeutic exercises, posture and parafunction education, moist heat and premodulated electric stimulation to bilateral TMJ.

After attending 8 PT sessions over 4 weeks, her mandibular depression and lateral excursion of the mandible improved. Patient reported TMJ pain reduction from 9/10 to 1/10 intensity and significant improvements in her ability to eat without pain or jaw "catching". Patient reported that posture at work has improved with ergonomic modifications.

*Rehab Associates - because expert physical therapy is your choice*