

Massage Therapy Dentist Referral

Ohio Law requires a physician or dentist referral for a massage therapist to treat jaw pain diagnosed as TMD.

Patient _____

Phone _____

Diagnosis _____

Recommendations:

Physician/Dentist Signature

Printed Name

Date _____

Phone _____

Touchpoint Clinical Massage

Corporate Center

1563 E Dorothy Lane, Suite 200

Kettering, OH 45429

From 675: Take 675 to the exit for Dorothy Lane. Turn right from the North or left from the south at the exit and continue driving west for approximately 2.5 miles. Corporate Center is on the right just past Sutton Rd...

From route 48: Take 48 to Dorothy Lane and turn west onto Dorothy (from South turn right, from north turn left). Continue driving east on Dorothy for approximately 2 miles. Corporate Center is on the left just past the Autozone store...

...There is a handicap ramp or stairs into the building and an elevator or stairs within the building. Touchpoint Clinical Massage is on the second floor, suite 200

Rosaleen Waggenpack has been a licensed massage therapist since 2004, specializing in TMJ therapy since 2007. She is a graduate of the University of Dayton and the Dayton School of Medical Massage. She is trained in swedish massage, advanced myofascial release, positional release, muscle energy technique, Rossiter stretching, and craniosacral therapy.



**Massage Therapy
for
Jaw Pain,
Headache,
Neck Ache**

Rosaleen Waggenpack, LMT

937-286-6088

1563 E Dorothy Lane, Suite 200

Kettering, OH 45429

For more information visit

Touchpointclinic.net

A case of licorice...

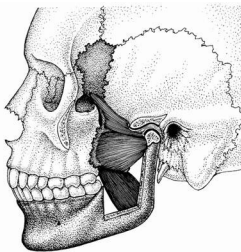
Mary Ellen hadn't had licorice in years when her niece gave her a piece. But as soon as she bit into it, she wished she hadn't. Her jaw popped and locked so that she could barely fit one finger between her teeth.

After an emergency visit to her dentist, she was diagnosed with TMD and referred to a massage therapist with special training to work inside her mouth. Her chewing muscles were in spasm. After several visits, she can open her mouth more fully (at least 3 finger widths) and is eating anything she wants.... except licorice.

What is TMJ Dysfunction?

TMJ stands for temporal mandibular joint, the jaw joint. TMJ dysfunction is sometimes abbreviated as TMD. Some of symptoms include:

- * jaw pain
- * difficulty chewing
- * frequent headaches
- * Clicking, popping, or grinding
- * limited ability to open and close mouth



TMD is a diagnosis which includes conditions affecting the jaw joint and the muscles that move the jaw. Poor alignment of the teeth, injury, weak jaw ligaments, arthritis of the jaw, and night grinding are some causes of TMD. Symptoms may begin without apparent cause or following a whiplash, a trauma to the jaw or a prolonged dental procedure. Stress, a major cause of tension in the muscles of the jaw face and neck, is a very common cause of TMD.

A case of being rear ended

Two years ago, Tammy was involved in a car accident. Her car was hit from behind and she suffered a whiplash. Nothing was broken, but her neck never felt quite right after. She had almost daily headaches and recently her jaw started to catch and hurt.

Her physician sent her to a clinical massage therapist who released the muscles of the neck at the base of the skull in back. This made a dramatic difference in her chewing, her headaches and her neck.



Headache and Neck Ache

In many cases of TMD, headache or neck ache the problem begins in the muscles of the jaw, face or neck. In other cases, even when the problem does not begin in the muscles, they are strongly affected.

A case of stiff neck

When Ted's wife, Anna, was in the hospital, his neck simply locked up. He could barely turn his head. The doctors said there was some arthritis in his neck, but he knew how frightened and tense he had been feeling that he might lose her. (Anna is fine now.)

He saw a massage therapist who was able to release and soothe the tight, sore muscles enabling him to turn his head again.

Why Medical Massage Therapy?

Massage Therapists use their hands to work with the muscles. Medical massage therapy has been a licensed profession under the supervision of the Medical Board of the State of Ohio since 1916. Licensed medical massage therapists must complete extensive training in massage techniques, anatomy, physiology, pathology/physical dysfunction and ethics at an approved school before they are eligible to sit for the Ohio licensure exam. Clinical massage therapy for TMJ, head neck and face is a specialty area of Medical Massage therapy.

What can I expect?

Clinical massage for TMD, headache and neck ache includes systematic and careful hands on treatment to the muscles and fascia used for chewing as well as the muscles of the face and neck. Treatment usually requires work on the outside of the face and head and on the inside of the mouth by the therapist wearing gloves. Gentleness and minimization of discomfort are hallmarks of good clinical massage therapy care.

Cost

The Touchpoint fee for TMD treatment is \$80 per hour. Medical and dental insurances do not generally cover massage therapy services. You will be responsible for payment at the time treatment is given. Cash, checks, and credit cards are gratefully accepted.

Your Appointment

Please call to make your appointment. If you need to leave a message, expect a call back within 24 hours. Therapy sessions are generally one hour, though the first appointment will probably last 90 minutes. In some cases, significant relief is achieved in one visit. Most clients average 3 visits.