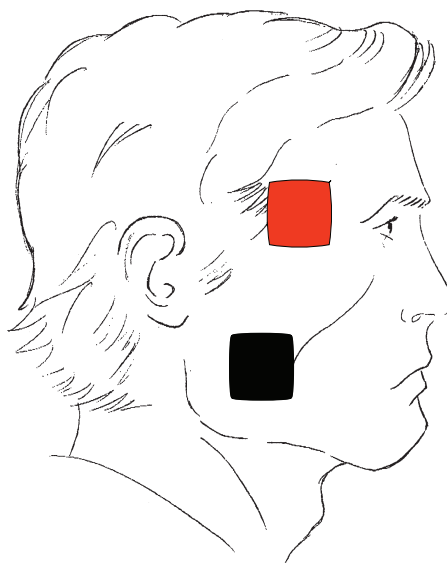


**TMJ Dysfunction (Relaxation)**

**TMJ Dysfunction (TMD) could include any kind of abnormal functioning of the temporomandibular joint. It is often caused by trauma to the jaw, as in a motor vehicle accidents, poor posture, or overuse from bruxism (teeth grinding). TMJ Dysfunction is often accompanied by tension in the jaw muscles, particularly the masseter & temporalis. Using EMG feedback, patients learn to relax the muscles of mastication, thus helping them reduce the symptoms of pain.**

**Suggested Electrode Placement****2-pad placement**

**Place electrode pads over temporalis & masseter muscles on one side of the face**

**Suggested Settings**

**Threshold: Set an appropriate threshold [Refer to the "Setting Threshold Level for Relaxation" section of General Guidelines]**

**Trials: 15-30 trials**

**Work time: 5 sec (to begin)**

**Rest time: 5 sec (to begin)**

**Feedback: BELOW ("FBL" setting on Care EMG)**

**Sessions per day: 3-5 sessions per day (or as needed)**

