



# Hammerich CHIROPRACTIC Clinic

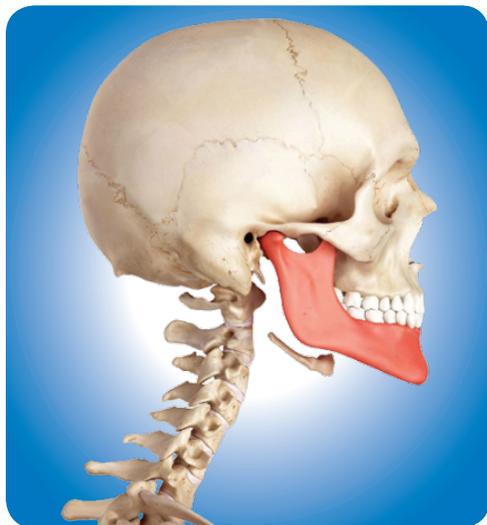
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## DR. KARIN ADVISES

### TMD and neck problems: Really? They can be related!

**TMD** or *temporomandibular joint dysfunction* means the jaw is not working as it should. Normally it works like your door hinges, opening and closing your mouth. When your jaw



muscles (masseter and temporalis muscles) become overworked they develop tender areas or trigger points. Research has looked at how adjustments (manipulations) of the upper vertebrae in your neck affect the trigger points and function of the jaw. It has demonstrated that tenderness in the muscles diminishes and that there is an increase in maximum active opening of the mouth. Suboccipital muscles (those at the base of your skull) also responded well to reduced tension. These all affect TMJ function. (*Journal of Orthopedic and Sports Physical Therapy, 2010*). Be sure to mention if your jaw area feels tight or painful. The rationale for a chiropractic adjustment of the upper cervical vertebrae is based on neuroscience.

## RMT CORNER

### Many reasons for Manual Lymphatic Drainage

Admittedly, the term *Manual Lymphatic Drainage (MLD)* can sound strange or even ominous. But once you experience this light, methodic technique, all fears of whatever 'drainage' might be disappear! In fact, this form of treatment is unique in its approach because it can be used when other forms of manual therapy would be too intense.

Our lymphatic system is our immunity superhero, carrying away waste products and transporting nutrients throughout our entire body. It's what causes swelling after injury. Responses like this indicate that our lymphatic system is working great! MLD simply supports this natural process by stimulating it to work more effectively.

MLD can be used to alleviate the symptoms of many conditions including: concussion, frozen shoulder, sinusitis, sports injuries such as ACL tears, respiratory conditions, fibromyalgia, whiplash, constipation, bruises, bursitis, tendonitis and TMJ dysfunctions. It is also useful after surgery to reduce swelling and to encourage healthy scarring.

*Do you have questions about how Manual Lymphatic Drainage can benefit you? Wendy, Michelle, or Maria can show you how MLD can help in your healing journey. Reach them at 416-769-8072*

## Registered Psychotherapist



Robert MacLennan, MA, RP

Member of the College of  
Registered Psychotherapists of Ontario

## Getting it together

Do you sometimes feel **scattered, fragmented, or pulled apart** by the mounting pressures of life? Too many people, making too many demands, causing too many problems? If this happens too often, or goes on too long, it can feel as if we are losing control. We can become confused, anxious, or depressed. So we need to find some way out of the chaos, some way of regaining control and "getting it together."

This phrase is really apt. If we can first take time to reflect and collect our thoughts and feelings about what's pulling us apart, then we can begin to take steps to **get ourselves back together**. But this may not always be as simple as it sounds. Psychotherapy specializes in helping you sort out those stressful situations and relationships, and build up inner strengths and resources, to deal with the mounting pressures of life.

*Robert can be contacted at the clinic:  
416-769-8072*

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