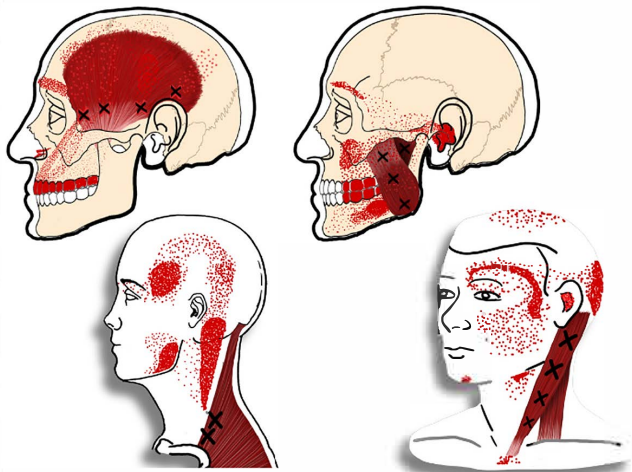
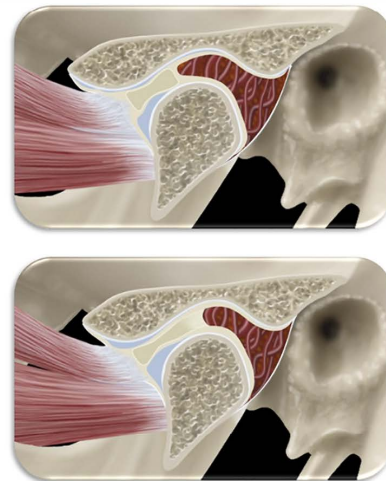
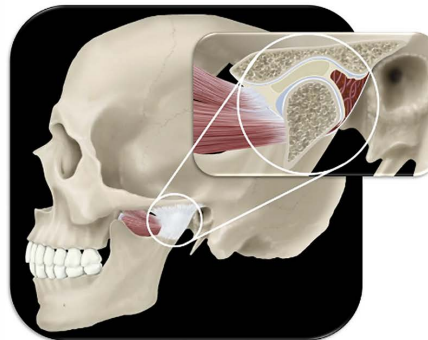


DIAGNOSIS

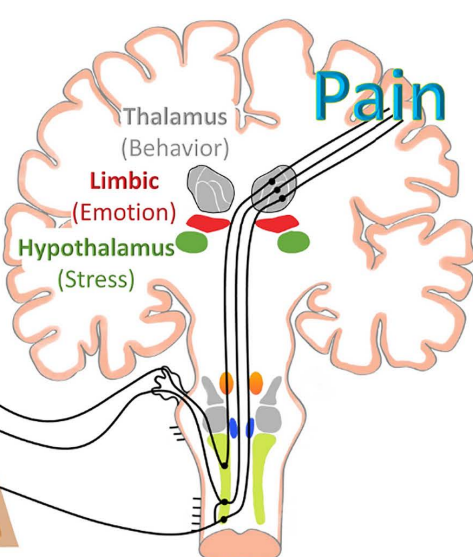
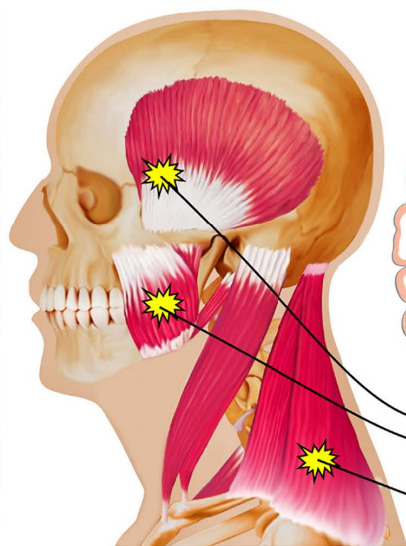
Muscle Pain



TMJ Disorder



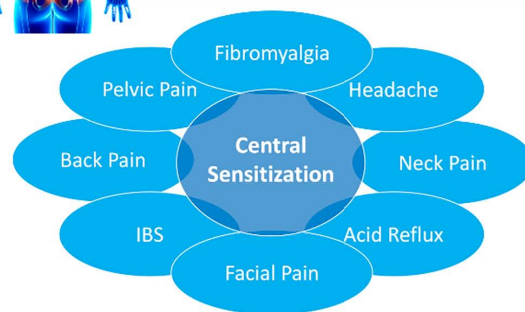
RISK FACTORS



Always on Guard

Emotional Trauma
Grief PTSD
Unforgiveness
Stress
TBI Anxiety
Fear Abuse
Doesn't say No

Physical Trauma
Depression



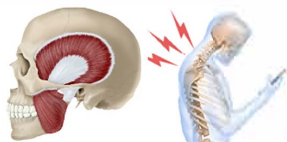
MANAGEMENT

- Rehabilitation involves a team approach between you and your doctors
- Referrals to appropriate specialists may be beneficial to your overall care



Self-Care

-Healthy lifestyle behaviors & modifying risk factors are very important



Maintain a Position of Rest



Practice Healthy Sleep Hygiene



Healthy Nutrition & Hydration



Minimize Stimulants



Breathe



Exercise