

Your Jaw May Be the *Source* of Your Headaches

TMJ dysfunction is one of the most common—and most overlooked—drivers of chronic headaches, migraines, neck pain, and facial tension.



1 in 3

ADULTS REPORT PERSISTENT TMJ PAIN SYMPTOMS

75%

OF CHRONIC HEADACHE PATIENTS HAVE UNDIAGNOSED TMJ ISSUES

3x

HIGHER NECK PAIN RISK WITH UNTREATED TMJ PAIN

Drug-Free

LASTING RESULTS WITH CONSERVATIVE CARE

UNDERSTANDING YOUR PAIN

TMJ Disorders: Far More Than a *Jaw Problem*

The jaw joint, surrounding muscles, and nerves are deeply connected to the cervical spine, brainstem, and nervous system. When the TMJ is dysfunctional, pain spreads – to the head, neck, shoulders, and even alters brain function. Most patients with chronic headaches or neck pain have never had their jaw examined.

TMJ pain affects up to **75% of adults**—yet most never receive a proper evaluation.



DO YOU EXPERIENCE THESE?

Chronic Headaches • Migraines • Jaw Pain & Clicking
Neck Stiffness • Facial Pain • Ear Pain • Shoulder Pain
Brain Fog • Clenching/Grinding • Limited Jaw Opening

OUR 4-STEP APPROACH

- Assess**
Full jaw & cervical evaluation
- Adjust**
Precise TMJ manipulation
- Integrate**
Cervical & spinal care
- Maintain**
Home plan & prevention

TREATMENT BENEFITS

What TMJ Treatment *Delivers*

Headache & Migraine Relief

Jaw adjustments interrupt the trigeminal nerve amplification loop—the neurological root of chronic headaches and migraines.

Neck & Cervical Recovery

Jaw and neck disability are intimately linked. Treating the TMJ delivers simultaneous relief from cervical pain and stiffness.

Whole-Body Pain Reduction

TMJ dysfunction severity and spinal pain are directly correlated. Addressing the jaw reduces overall musculoskeletal pain burden.

Restored Jaw Function

Clicking, locking, and limited opening resolved through targeted manipulation – even in long-standing, chronic cases.

Cognitive & Emotional Clarity

MRI studies confirm TMJ dysfunction causes measurable brain changes. Relieving chronic jaw pain can restore mental clarity and reduce fatigue.

WHY EARLY TREATMENT MATTERS

Untreated TMJ pain reshapes the brain—and the longer you wait, the harder it becomes to reverse.

- Trigeminal nerve sensitization drives headache escalation—treat the jaw to stop the cycle
- Stanford MRI research confirms gray matter changes in chronic TMJ pain patients that worsen with duration
- Spinal and jaw pain scale together – greater neck pain means greater TMJ pain, and vice versa
- Conservative manual therapy is safe, fast-acting, and covered by most major insurance plans

Stop Managing the Symptom.
Treat the Source.

New patients welcome • Same-week appointments available

Book Your TMJ Assessment

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