

TMJ PROCEDURE

We are familiar with TMJ issues: a jaw that gets stuck, or a jaw that clicks, problems opening the jaw, or pain in the jaw, an under bite or an over bite.

...but will we come across this often with our animal clientele?

Most likely not! Or at the very least, seldom.

So why do we even need to know the TMJ Procedure?

...because it plays a much broader role than the range of motion in the jaw.

Addresses

- Atlas – Axis misalignment
- C1 – Occipital misalignment (use with Move 12a)
- Uneven flexion
- Sluggish lymphatic's
- Lymphatic congestion
- Hyoid balance problems (see definition of Hyoid on next page)
- **Inflammation anywhere in the body**
- Foot problems (pain, misalignment)
- Heat in the body
- Unresolved hind end problems
- Sinus problems and congestion
- Allergies and allergic reactions
- Extension of foreleg
- Shoulder mobility
- Over bent head (vertical flexion)
- Head that looks like it has been stuck on
- Irritability
- Birthing problems when head has been caught in birthing canal
- Epilepsy
- Stroke
- Supports lymphatic and respiratory procedures
- Skin and fur
- Abnormal posture
- **Lack of symmetry anywhere in the body**

TMJ PROCEDURE

When learning about the temporomandibular joint (TMJ), it is important to also become familiar with the hyoid apparatus and the stomatognathic system.

Temporomandibular Joint

- A hinge that connects the jaw to the temporal bones in the skull
- Allows the jaw to move up and down and side to side
- Used to chew, swallow, yawn, bark.
- It is the most used joint in the body!

Hyoid Apparatus

- The suspension mechanism for the tongue and larynx
- Several bones make up this horseshoe shaped apparatus
- The muscles of the hyoid apparatus keep the hyoid bone suspended in space, regardless of the position of the head and neck

Stomatognathic System

- A system that consists of the mouth, jaw and closely associated structures
- Here's the best part of this system (especially for Animal Bowen Therapy)...this system influences body posture!
- Also influences mood states, anxiety, head control and all that is mentioned on previous page

TMJ is a part of the BALANCING MECHANISMS

These systems allow the brain to know the orientation of the body in three dimensional space.

- a) **Inner Ear** – allows the brain to know where the skull is in relation to the center of the earth (gravity).
 - b) **Eyes** – allows the brain to know where the skull is in relation to the horizon.
 - c) **Cervical Spine** – allows the brain to know where the skull is in relation to the rest of the body.
 - d) **TMJ** – allows the brain to know where the skull is in relation to the center of the earth while the head and/or the neck are in motion.
 - e) **Hyoid Apparatus** – you may want to refer the Hyoid Apparatus to being the “gyroscope” of the body. As we read on the previous page, this horseshoe shaped bone is suspended in space by muscle. Because it maintains that suspended position, proprioception from the muscle systems gives the brain information on where the upper, or forward portion of the body is in relation to gravity while the dog is in motion.
- **Gyroscope – a device for measuring or maintaining orientation based on the principle of preserving angular momentum**

Getting a greater understanding of the dog through TMJ

The TMJ is the access to the pineal and pituitary gland.

The pineal gland is the “seat of the soul”, known as the third eye.

The pituitary is the master gland in the body and controls the physiology of the body.

That said, the TMJ is the access to the creative spirit (7th chakra) as well as the master site for communication.

By being patient and still the Practitioner can gain a greater understanding with the dog.

This process can make a HUGE shift in how you work with all of your clients!

Consider this Procedure as ENERGY WORK and be very aware of the fact that animals are a lot more receptive to energy work than we are.

We must proceed with pure intention of not overloading their system.

I recommend that you use your index finger along with your middle finger when performing the TMJ moves as to place your energy in a more neutral state.

How can we note that a dog is in need of the TMJ Procedure?

If we are speaking of a TMJ problem that directly relates to issues with the jaw, in other words a malocclusion (bite problems) then we must have either a veterinarian diagnosis or a very clear verbal history from the caregiver.

As an Animal Bowen Therapy Practitioner, we are NOT going to diagnose or open the jaw to look for a malocclusion.

That said there are often times when a clear visible under bite or overbite is noted.

You may note that a dog does NOT want to be touched around the face, particularly the jaw area. Or the opposite, the dog is overly pushy with wanting the jaw line massaged.

Deflective occlusal contact (premature contact) is another common imbalance.

Premature tooth contact between opposing teeth diverts the mandible from a normal path of closure.

May be the result of:

- Direct trauma to a tooth
- Direct trauma to the whole mouth
- Poor or improper dentistry
- Missing teeth

Whichever the case, this premature contact between opposing teeth creates an imbalance within the system.

This change within the normal tone of the masticatory muscles can create tension and pain, along with associated changes in other muscles of the Stomatognathic System.

These muscle changes may cause a change within the equilibrium proprioceptors of the head and the neck. (think of the closely related Balance Mechanisms). Thus leading to alterations in posture and balance and hence changes in co-ordination of the whole body.

Important to note: The opposite can be true. Postural faults can also lead to imbalances in the muscles within the Stomatognathic System.

Prerequisite for TMJ Procedure

Before we get to the actual TMJ Procedure we must prepare the body by slowly opening up the areas in which we are looking to make changes.

Week 1 – WBB

Week 2 – Add TMJ to WBB or Response5 (See next page for other options)

TMJ as a Procedure

Moves 1 and 2 of WBB (these moves are the ultimate for opening up the body)

Wait 2 Minutes

Moves 11, 12, 13 of WBB (further opening the head region as well as opening the lymphatic's and releasing tension). Consider adding Atlas/Axis Move from Canine Specialty Moves. ~ with waits between Moves.

Together they increase the energy flow to the head region.

Wait 2 minutes

TMJ PROCEDURE

TMJ as a Create5

Move 2 as a stopper - Wait

TMJ

TMJ as a Mini Session

Move 2 as a stopper - Wait

Moves 11, 12, 13 - of WBB – Wait

TMJ

TMJ has 3 Moves

To gain optimal results it is ideal for the dog to have their mouth open for all 3 Moves.

Use 2 fingers – index and middle

Using these two fingers puts the energy of the Practitioner in neutral, thus it does not over load the dog's system.

Move 1 TMJ – Has two parts, which create a “t” across the TMJ.

As with most Animal Bowen Therapy Moves, start on the Left hand side.

PART 1

- Find the junction of the TMJ.
- Take slack towards the nose.
- Hold 3 seconds.
- Allow for the jaw to relax and slightly open
- Perform the Classic Roll over the joint towards the ear

PART 2

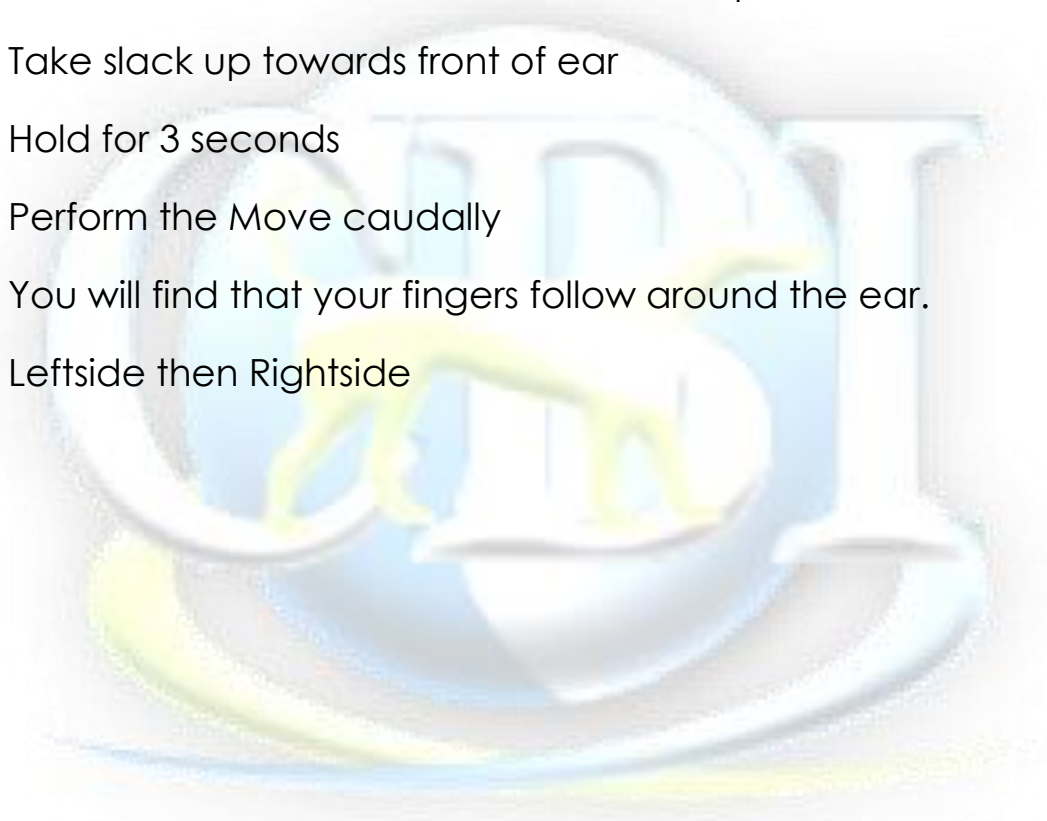
- Return to the junction of the TMJ
- Take slack up
- Hold 3 seconds
- Perform the Classic Roll towards the base of the jaw
- Repeat on right hand side.

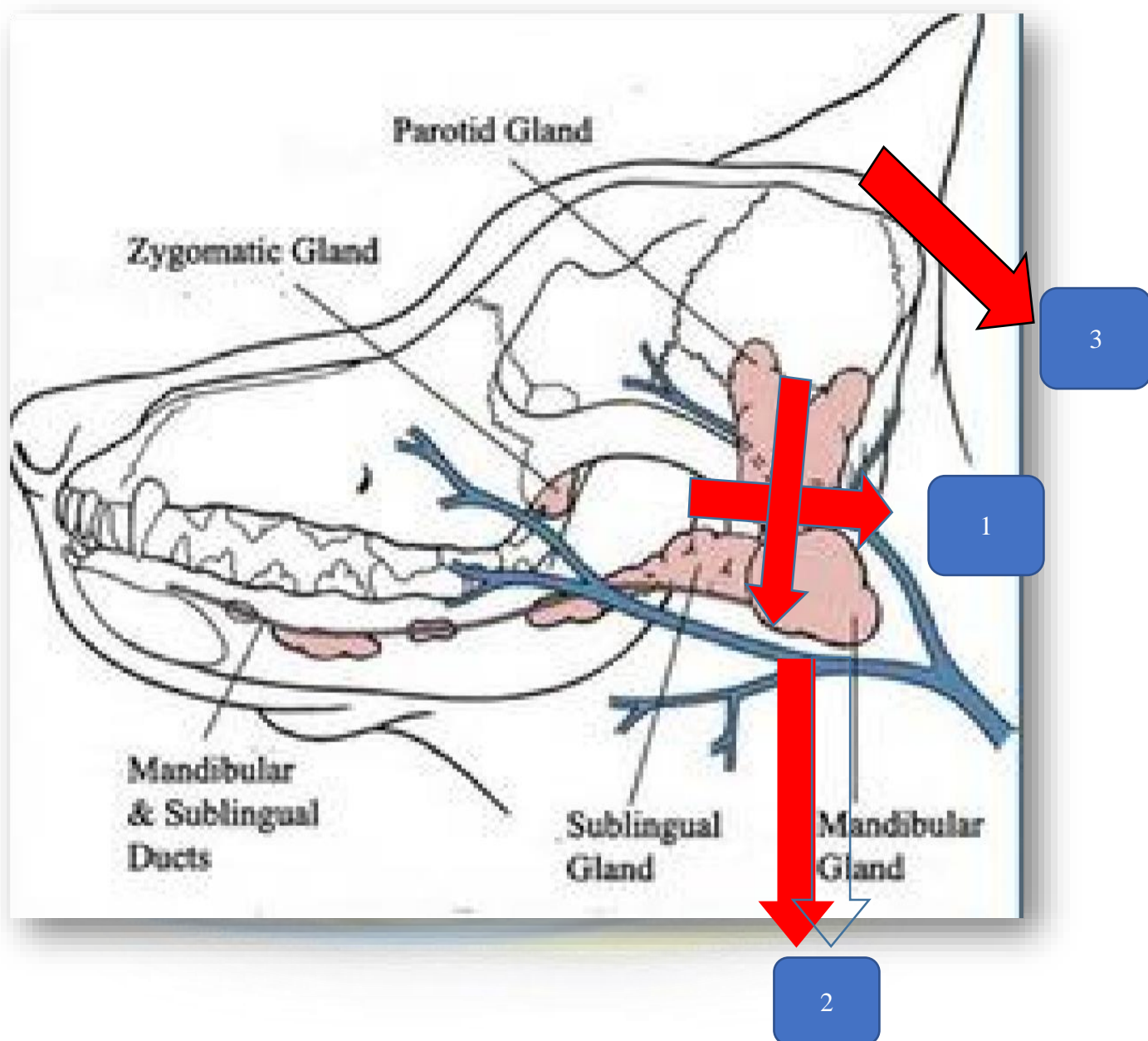
If the dog is receptive to Move 1, repeat before going to Move 2

Move 2 TMJ- is a repeat of the last move of Move 4 of the LDP. Left side then Right side

Move 3 TMJ - Find where the ear meets the top of the head

- Take slack up towards front of ear
- Hold for 3 seconds
- Perform the Move caudally
- You will find that your fingers follow around the ear.
- Leftside then Rightside





Bonus Thinking

There are over 100 nerve endings in the TMJ that relate to the hind end!

Additional TMJ Information

The TMJ is a very complex joint and is influenced by many different structures in the body. In fact, the TMJ involves about 30-40% of the sensory motor neurons in the body. Think about how small this area is compared to the rest of the body. For it to have 30-40% of the sensory motor neurons, it must be quite important.

Practically anything can cause problems in the TMJ, and the reverse is true also. Many TMJ imbalances can cause practically any other problem. One of the most common causes of TMJ problems is the cranium. All 22 bones of the skull have an inherent, specific motion they must go through. It is this motion that pumps fluid around the brain and up and down the spinal cord. Because the spinal cord is connected to the sacrum (middle bone of the pelvis) and the base of the skull, the base of the skull and the sacrum have a relationship. If any bone of the skull gets jammed (falls, whiplash injuries, dental procedures, birth trauma, etc.) the sacrum loses its proper motion, which can lead to back pain. And, if the sacrum becomes jammed, it has an effect on the skull, which creates problems in the TMJ. Amazing isn't it?

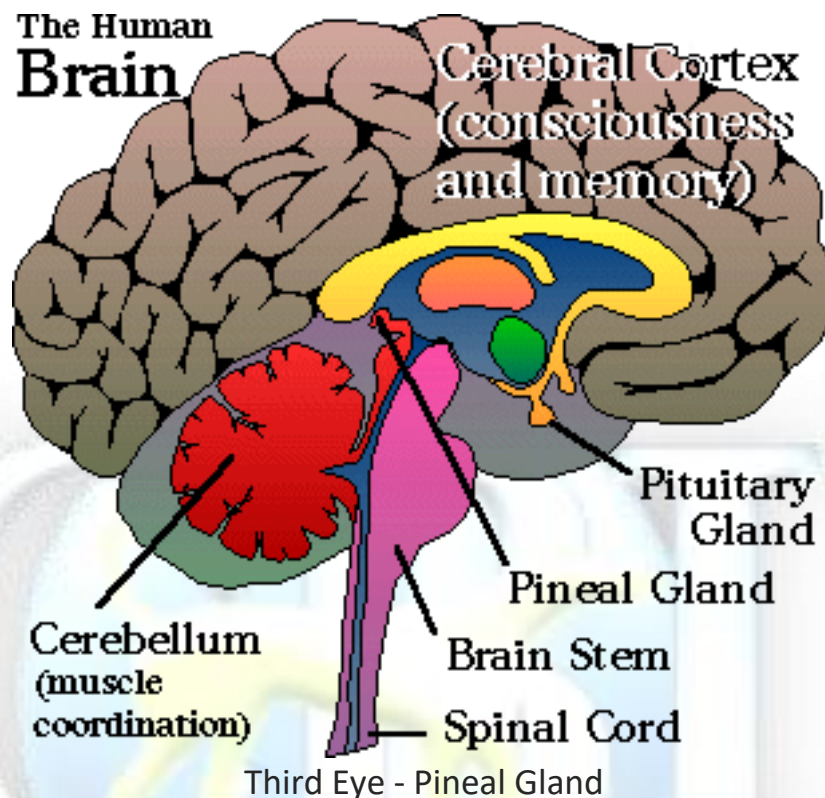
If we travel further out, we can see how the feet can affect the TMJ. The feet have almost 1/4th the number of bones in the entire body. Any strain to the feet will eventually produce strain on the sacrum (pelvis), which can lead to TMJ problems.

Chemically, the TMJ has been called the endocrine computer. This means that it has been observed to respond to changes in the endocrine system (all the glands of the body). For example, if the thyroid gland is not in balance, the TMJ can often become abnormal. We have seen a few patients who by just touching over the gland in question, produce a big change in how their jaw moves. They can suddenly open their jaw wider, and move it around with no clicking or popping. Now that is amazing. And finally, we have emotional problems. This is quite common. Stuffed emotions, especially about not expressing yourself and your opinions, can often end up in the jaw and throat area.

Sited from:

<http://drlarsen.com/tmj-pain-minneapolis/>

Third Eye - Pineal Gland- TMJ Connection



The pineal gland was the last endocrine gland to have its function discovered. Its location deep in the brain seemed to indicate its importance. This combination led to its being a "mystery" gland with myth, superstition and even metaphysical theories surrounding its perceived function.

The Pineal gland is occasionally associated with the sixth Chakra (also called Ajna or the third eye Chakra in yoga). It is believed by some to be a dormant organ that can be awakened to enable "telepathic" communication.

In the physical body the eye views objects upside down. It sends the image of what it observes to the brain which interprets the image and makes it appear right side-up to us.

But the human body has another physical eye whose function has long been recognized by humanity. It is called the 'Third Eye' which in reality is the Pineal Gland. It is long thought to have mystical powers. Many consider it the Spiritual Third Eye, our Inner Vision.

It is located in the geometric center of the brain. This correlates to the location of the Great Pyramid in the center of the physical planet.

The Pineal Gland is about the size of a pea, and is in the center of the brain in a tiny cave behind and above the pituitary gland which lies a little behind the root of the nose. It is located directly behind the eyes, attached to the third ventricle.

The true function of this mysterious gland has long been contemplated by philosophers and Spiritual Adepts. Ancient Greeks believed the Pineal gland to be our connection to the Realms of Thought.

Rene Descartes called it the Seat of the Soul, believing it is unique in the anatomy of the human brain in being a structure not duplicated on the right and left sides. This observation is not true, however; under a microscope one finds the Pineal gland is divided into two fine hemispheres.

This gland is activated by Light, and it controls the various biorhythms of the body. It works in harmony with the hypothalamus gland which directs the body's thirst, hunger, sexual desire and the biological clock that determines our aging process. When the Pineal gland awakens one feels a pressure at the base of the brain. This pressure will often be experienced when connecting to higher frequency. A head injury can also activate the Third Eye - Pineal Gland.

While the physiological function of the pineal gland has been unknown until recent times, mystical traditions and esoteric schools have long known this area in the middle of the brain to be the connecting link between the physical and spiritual worlds. Considered the most powerful and highest source of ethereal energy available to humans, the Pineal gland has always been important in initiating supernatural powers. Development of psychic talents has been closely associated with this organ of higher vision.

Sited from:

http://threes.com/index.php?option=com_content&view=article&id=1944:-third-eye-pineal-gland&catid=70:science&Itemid=52

Bonus Thinking

Spend time, not just learning the Procedures, but understanding the role they play in the ever-growing knowledge of Animal Bowen Therapy
