

What Can I Do For My Head and Neck Pain, Doc?

Article #2

Many people have any one of, some, or all of the following symptoms:

Headaches, migraines, neck, shoulder or back aches, facial pain, insomnia, tingling of the hands or numbness of the hands, sensitive teeth with no explanation, worn, chipped, cracked or broken teeth, unexplained loose teeth, pain around the jaw joints, unexplained ear problems such as ear congestion, dizziness or ringing of the ears, etc.

They go from doctor to doctor, none of whom can find anything wrong. Many begin to figure they have a brain tumor or something else.

These unexplained phenomena, in many cases, may now have an explanation.

Recent advancements in dentistry have determined the cause can be that the muscles of the jaw are in spasm due to the person's bite being off. The breakthrough is that, in the past, the problem was not approached from the correct perspective. In the past, dentists looked at the problem as being a problem of the jaw joint. However, the breakthrough is that it is actually a problem with the muscles that hold the jaw in position. These muscles also affect the head, neck, shoulders and back.

This breakthrough is so big that migraines, head, neck, shoulder and back aches have been resolved in many people who had no other solution. Being able to help people who have been in unresolved pain for a long time is nothing short of miraculous.

Your mouth can form too narrowly, or the lower back teeth don't grow tall enough due to mouth breathing (rather than breathing through the nose.) Breathing through your mouth as a child, the tongue rests in the wrong place, on the back teeth, preventing their growth. Mouth breathing, which is usually caused by allergies affecting the sinus, adenoids and tonsils, results in the chewing bite being off due to malformation of the jaw and teeth.

As a result of the lower back teeth being too short, the lower jaw has to travel further upwards to meet the upper teeth when chewing. This puts a strain on the jaw muscles that weren't meant to contort, or shorten this much in order to close the teeth together to chew.

This constant straining of the muscles, over the years, can cause them to go into spasm. These muscles of the jaw are also directly connected to the head, neck, shoulders and the back. So straining these muscles in order to chew affects all these areas.

Did you know that what keeps your lower jaw from simply falling completely open is muscles? The muscles are programmed to keep your lower jaw hanging about 1 mm open from your upper jaw. (At rest your upper and lower teeth are about 1 mm apart). Your muscles are programmed to hold the jaw there. But if your lower back teeth are either worn too short or have developed too short your lower jaw has to move further to reach your upper jaw in order to chew and you have to scrunch or contort your jaw to bring your lower back teeth together with your upper back teeth. You may not even realize you are doing this on a daily basis. Now the muscles have to reprogram themselves in order to hold your lower jaw higher up in order to keep it 1 mm from the upper jaw. This puts the muscles in a new, un-natural position and an un-naturally shortened condition. This puts an intense, constant strain on the muscles until they go into fatigue or chronic spasm.

To correct this, the muscles need to be made to relax so that the jaw rests back in its comfortable, natural position. That is done in the dental office. That correct, relaxed position of your muscles determines where the bite *should* come together. Since the teeth aren't long enough to come together in this relaxed position, an orthotic is made. The orthotic fills in the space and builds up the bite so the teeth can come together easily, without any strain on the muscles. One can now chew with the muscles remaining in a relaxed position. This can take the strain off of all the related muscles, relieving headaches, tension and many other related symptoms.

If you have worn an orthotic in your shoe, you understand the concept. If one leg was shorter than the other, to even out your walk, you would build up the shorter leg by putting something in your shoe. Walking with one leg shorter than the other causes all the muscles to have to compensate, which puts an intense strain on those muscles to have to work in an un-natural position. It is the same with your jaw. If the muscles have to strain to get the teeth to come together to chew, they need some help. The orthotic brings your teeth closer together by adding material to your teeth, allowing your muscles to relax and remain in their natural position without strain.

You wear this orthotic for awhile and if your symptoms go away, then you will know that the bite was the cause.

If the symptoms resolve with the orthotic than we can build up the teeth so they come together in the new more relaxed bite position.

This is a very objective diagnostic tool, in that, if the symptoms disappear then the correct cause and solution have been found. One only has their pain and suffering to lose.

This approach is called Neuromuscular Dentistry. Neuro (nerves) Muscular (muscles).

Its about time there were some answers to this kind of situation.

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