

## ❑ 70 Year-Old female with headaches and TMJ (jaw) problems

We first met this delightful lady at a health show. She was very concerned about her present health and decided to come in for a consultation. We did a very thorough consultation with her and determined there were multiple subluxations in her spine.

*This is what she had to say:*

*I was referred to Dr. Jonathan through attending a public forum. Reception at his facility has been a comfortable and pleasant one from the receptionist throughout every visit for adjustments. Dr. Saunders has taken an in depth interest in my health problems and has made every effort to correct them.*

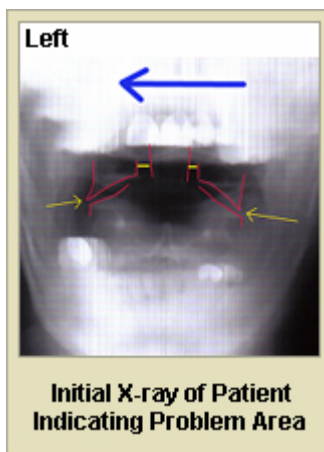
*My biggest concern was the pain and discomfort in my jaw joints [TMJ]. I experienced 'clicking' in my jaw joint and a severe locking – it scared me, thinking I may not in time, be able to open and close my mouth... Today, approximately 3 months later with Dr. Saunders help, my jaw does not lock and the clicking has dissipated. I have no pain whatsoever in my neck and jaw. I can't believe I put up with it for what seemed like ions!*

*I also suffered with sore shoulders, sore hips (family doctor claimed it was arthritis and nothing could be done). Today, with no pills, only the good work of Dr. Saunders I am completely pain free – I feel great!*

*What I didn't know before coming to Dr. Saunders was that my nervous system controlled every aspect of my body. With correcting the subluxations I would feel and be healthier...*

*The 'special appointment'/doctors report gave me a clear insight into the changes and improvements with this treatment and I promised myself to continue with the health benefits and to be healthier at 70 years old than during and since my childhood. Thanks Dr. Saunders for your past, present and continued help.*

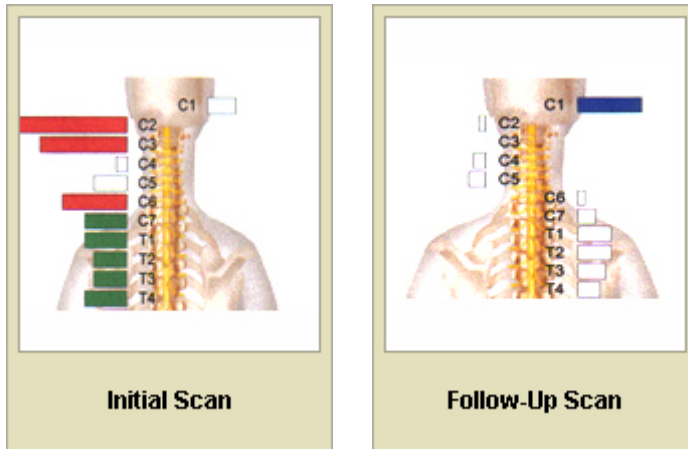
-L.G.



If you look at the x-ray above, you will notice that one bone (the atlas-C1) has a subtle shift to the left (see arrow) relative to the bottom bone (axis-C2). If you look at the center you will notice the yellow lines are different lengths because of the bone shift to

the left. Normally, the distance should be equal. This was a very subtle but important finding in this case. If it had been overlooked by an untrained eye, the results of this case would likely have been much different. The yellow arrows on the side indicate 'overhang' of the edges of the bone; normally the edges should line up.

Here are the initial and 1st progress exam scans of this patient's neck. Notice how clear the scan is compared to her first one



#### ❑ Want Research?

***Chiropractic care of a patient with temporomandibular disorder and atlas subluxation***  
***Alcantara J, Plaughter G, Klemp, DD, Salem C Journal of Manipulative and***  
***Physiological Therapeutics January 2002 • Volume 25 • Number 1***

This is the case of a 41-year-old woman who sought care for complaints associated with a cervical subluxation (i.e., atlas) and TMD.

Her complaints began with a left ear infection that was medically treated with oral antibiotics. At the time of chiropractic consultation, complaints included pain at the TMJ (bilaterally), "ear pain," tinnitus, vertigo, altered or decreased hearing acuity, a sensation of pressure or fullness in both ears and headaches, which she characterized as a throbbing or pounding. She also had a 22-year history of migraine headaches, which were partially relieved by previous chiropractic care.

She did not take her prescribed medications because of adverse reactions (i.e., gastric upset and vomiting).

She was referred to an eye, ear, nose, and throat specialist who diagnosed her with TMJ syndrome. She was referred to a dentist for a possible malocclusion. The dentist found no occlusal abnormalities. Medical recommendations were to apply local heat, reduce talking and yelling and change to a soft diet. The patient reported that her symptoms steadily worsened with these measures.

Chiropractic care consisted of specific adjustments to the atlas subluxation resulting in improvement of the patient's symptoms. By the third visit, she reported significantly greater improvement on the right than on the left side. By the fifth visit, the patient reported that the right ear was "perfectly fine." With subsequent visits, she reported continuous improvement, with only the left ear sensation of fullness remaining.

She reported complete relief of TMJ symptoms 2 1/2 months (9 visits) from the onset of chiropractic care. In addition, she reported a decrease in the frequency and severity of her

headaches. Before chiropractic care, she related a frequency of 1 to 2 migraine attacks per month. At 1-year follow-up she had experienced no headache symptoms for a period of 9 months. Her TMJ complaints had completely resolved.