

# REBALANCE YOUR JAW REDISCOVER YOUR LIFE

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An Integrated TMD Relief Program

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**SIMON COGLAN & LORRAINE CARROLL**

# Overview

This program offers a flexible, patient-centred approach to treating **Temporomandibular Disorder (TMD)**, designed specifically for your unique needs and preferences. **It includes an initial assessment followed by 8 further treatment sessions.**

We integrate manual therapy, medical acupuncture and dry needling, ultrasound therapy, and therapeutic exercises to provide a tailored treatment plan that evolves as your condition improves. **Our goal is to relieve your pain, restore optimal function, and enhance your overall well-being.**

As specialists in TMD with over 25 years of experience, we understand how challenging it can be to live with discomfort in your jaw, neck, or head. **That's why this holistic program adapts to the changes in your symptoms over time, ensuring that every session brings you closer to lasting relief.** With our expert care, you'll experience the benefits of a comprehensive treatment approach that addresses the root causes of your pain, improves your ability to move, and restores balance to your life.

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# Benefits:

## **Effective Relief from TMD Symptoms:**

Relieve persistent jaw pain, headaches, and discomfort. Our specialised TMD program targets the root causes of your symptoms, delivering real relief so you can move through your day without the burden of pain.

## **Restore Your Jaw Function:**

Relieve persistent jaw pain, headaches, and discomfort. Our specialised TMD program targets the root causes of your symptoms, delivering real relief so you can move through your day without the burden of pain.

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## **Improve Your Overall Well-Being:**

Relieve persistent jaw pain, headaches, and discomfort. Our specialised TMD program targets the root causes of your symptoms, delivering real relief so you can move through your day without the burden of pain.

## **Enhance Your Quality of Life:**

By managing your TMD symptoms, this program helps you get back to the things you love—whether that’s enjoying meals, staying active, or simply living pain-free. You deserve to feel your best every day, and this program is a pathway to a more comfortable, fulfilling life.

## **Long-Term, Sustainable Results:**

We don’t just focus on short-term fixes. This program equips you with the tools and strategies to maintain your jaw health over time. Through expert guidance, personalised care, and ongoing support, you’ll achieve lasting results that improve your quality of life well into the future.

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# Suitable for the Following TMD Problems

## 1. Myofascial Pain

- **Characteristics:** Discomfort or pain in the muscles that control jaw function, often due to muscle overuse, tension, or spasm.
- **Program Benefits:** Manual therapy and dry needling will target muscle tension, while therapeutic exercises will enhance muscle function and reduce pain.

## 2. Internal Derangement

- **Characteristics:** Issues such as displaced discs, dislocated jaws, or injury to the condyle, causing clicking, locking, or pain.
  - **Program Benefits:** Manual therapy and mobilisation techniques improve joint alignment, while low-level laser therapy promotes healing. Therapeutic exercises restore normal jaw movement.
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### 3. Arthritis

- **Characteristics:** Inflammatory or degenerative joint conditions affecting the temporomandibular joint, leading to pain, stiffness, and reduced mobility.
- **Program Benefits:** Low-level laser therapy and manual therapy will reduce inflammation and improve joint function. Tailored exercises will enhance mobility and strength around the joint.

### 4. Disc Displacement with or without Reduction

- **Characteristics:** When the cushioning disc between the jawbone and skull is displaced, leading to joint noises, pain, or difficulty in jaw movement.
  - **Program Benefits:** The combination of manual therapy and therapeutic exercises will reposition the disc and restore smooth jaw movement, while medical acupuncture and ultrasound therapy manage pain and inflammation.
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## 5. Bruxism-Related TMD

- **Characteristics:** TMD resulting from teeth grinding or clenching, often leading to muscle fatigue, pain, and tooth wear.
- **Program Benefits:** Medical acupuncture, dry needling, and manual therapy will address muscle tension and pain, while therapeutic exercises and stress management techniques will help manage the underlying causes of bruxism.

## 6. Post-Traumatic TMD

- **Characteristics:** TMD resulting from trauma to the jaw, face, or neck, leading to pain, joint dysfunction, and other symptoms.
  - **Program Benefits:** Manual therapy and ultrasound therapy will assist in healing and restoring function, while exercises and medical acupuncture target pain management and recovery.
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## 6. Post-Traumatic TMD

- **Characteristics:** TMD resulting from trauma to the jaw, face, or neck, leading to pain, joint dysfunction, and other symptoms.
- **Program Benefits:** Manual therapy and ultrasound therapy will assist in healing and restoring function, while exercises and medical acupuncture target pain management and recovery.

## 7. Stress-Related TMD

- **Characteristics:** TMD symptoms exacerbated by stress, leading to muscle tension, jaw clenching, and pain.
  - **Program benefits:** The program includes relaxation techniques, manual therapy, and medical acupuncture to manage stress-related muscle tension and pain, along with exercises to improve posture and reduce strain.
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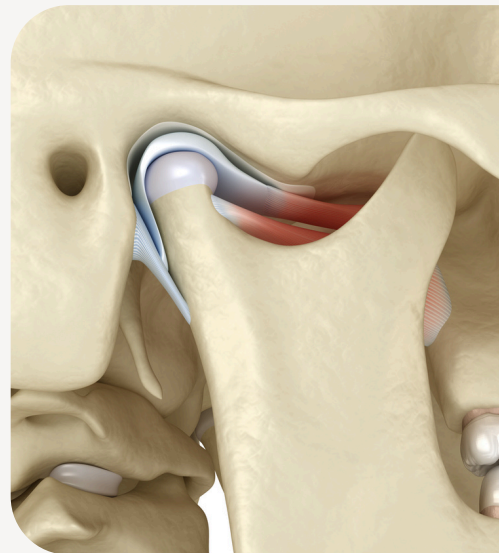
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## 8. Neck and Shoulder-Related TMD

- **Characteristics:** When TMD symptoms are associated with or exacerbated by issues in the neck and shoulder region, such as poor posture or muscle imbalances.
- **Program benefits:** Therapeutic exercises will improve posture and strengthen the neck and shoulder muscles, while manual therapy and medical acupuncture target associated pain and tension.

## 9. Bruxism-Related TMD

- **Characteristics:** TMD resulting from teeth grinding or clenching, often leading to muscle fatigue, pain, and tooth wear.
- **Program Benefits:** Medical acupuncture, dry needling, and manual therapy will address muscle tension and pain, while therapeutic exercises and stress management techniques will help manage the underlying causes of bruxism.



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## → Session Progression Outline

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### Treatment Techniques

<b>MANUAL THERAPY</b>	<ul style="list-style-type: none"><li>• Focus on reducing muscle tension and joint stiffness.</li><li>• Techniques include myofascial release, joint mobilisation, and trigger point therapy.</li><li>• Emphasis on addressing any significant asymmetries or mobility restrictions identified during the initial assessment.</li></ul>
<b>MEDICAL ACUPUNCTURE &amp; DRY NEEDLING</b>	<ul style="list-style-type: none"><li>• Targeted sessions to reduce muscle tension, deactivate trigger points, and manage pain.</li><li>• Focus on key muscles such as the masseter, temporalis, pterygoids, and associated neck and shoulder muscles.</li><li>• Patient comfort and response are closely monitored, with adjustments made as needed.</li></ul>
<b>ULTRASOUND THERAPY</b>	<ul style="list-style-type: none"><li>• Application of ultrasound to reduce inflammation and promote tissue healing.</li><li>• Attention to areas of significant pain or tightness, speeding up recovery.</li><li>• Ultrasound parameters are adjusted based on the patient's response to optimise outcomes.</li></ul>
<b>THERAPEUTIC EXERCISES</b>	<ul style="list-style-type: none"><li>• Introduction of exercises to improve jaw mobility, posture, and muscle control.</li><li>• Exercises include gentle stretches for the jaw and neck, controlled jaw opening/closing movements, and posture correction drills.</li><li>• Patients are educated on proper technique and encouraged to practice exercises at home.</li></ul>
<b>ADVICE AND EDUCATION</b>	<ul style="list-style-type: none"><li>• Initial guidance on pain management strategies, stress reduction techniques, and lifestyle adjustments.</li><li>• Education on the importance of posture and ergonomics in reducing TMD symptoms.</li></ul>

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## → Session 1: Initial Comprehensive Assessment (60 minutes)

**Objective:** Conduct a thorough evaluation of TMD-related issues and develop a personalised treatment plan.

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### INCLUSIONS

- ⊕ Detailed assessment of jaw function, posture, and contributing factors.
- ⊕ Initial application of manual therapy, medical acupuncture/dry needling, and ultrasound therapy to evaluate the patient's response.
- ⊕ Introduction to therapeutic exercises tailored to the patient's condition.
- ⊕ Discussion of patient preferences regarding treatment modalities.
- ⊕ Overview of the program structure and expectations.



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## → Sessions 2-4: Initial Treatment Phase

**Objective:** Establish a strong foundation for pain relief, improved mobility, and muscle relaxation.

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### INCLUSIONS

- ⊕ **Manual Therapy:**  
Continued application to reduce muscle tension, address asymmetries, and improve joint function.
  - ⊕ **Medical Acupuncture & Dry Needling:**  
Targeted sessions to deactivate trigger points and manage pain in key muscles.
  - ⊕ **Ultrasound Therapy:**  
Focused on reducing inflammation and promoting tissue healing in areas of significant discomfort.
  - ⊕ **Therapeutic Exercises:**  
Introduction of exercises to enhance mobility, posture, and muscle control.
  - ⊕ **Advice and Education:**  
Guidance on pain management, stress reduction, and the importance of posture.
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## → Sessions 5-6: Intermediate Treatment Phase

**Objective:** Build on initial improvements by focusing on strengthening, advanced mobility, and integration of therapeutic techniques.

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### INCLUSIONS

- ⊕ **Manual Therapy:**  
Refined techniques to maintain mobility gains and address ongoing muscle tension.
  - ⊕ **Medical Acupuncture & Dry Needling:**  
Ongoing use to support muscle relaxation and pain management, with potential expansion to related areas such as neck and shoulder.
  - ⊕ **Ultrasound Therapy:**  
Continued focus on managing inflammation and healing, possibly combined with manual therapy.
  - ⊕ **Therapeutic Exercises:**  
Progression to more advanced exercises targeting jaw stability, strength, and posture.
  - ⊕ **Advice and Education:**  
Expanded guidance on activity pacing, load management, and stress management.
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## → Sessions 7-8: Advanced Treatment and Maintenance Phase

**Objective:** Consolidate gains, ensure long-term symptom management, and develop a sustainable maintenance plan.

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### INCLUSIONS

- ⊕ **Manual Therapy:**  
Final refinement of techniques to optimise jaw function and comfort, addressing any remaining issues.
  - ⊕ **Medical Acupuncture & Dry Needling:**  
Final sessions will focus on residual pain points or tension, with preventative measures to avoid recurrence.
  - ⊕ **Ultrasound Therapy:**  
Targeted application for any areas still healing, serving as a final boost for long-term tissue health.
  - ⊕ **Therapeutic Exercises:**  
Consolidation of the exercise program, ensuring sustainability and ease of integration into daily routines.
  - ⊕ **Advice and Education:**  
Development of a long-term management plan, including self-care strategies, ongoing exercise recommendations, and advice on recognising early signs of TMD flare-ups.
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## → Additional Package Features

### HOME EXERCISE PROGRAM

- + Custom exercise guides with visuals, videos and detailed instructions.
- + Tools such as resistance bands and massage balls for home use if required.

### ONGOING PAIN MANAGEMENT RESOURCES

- + Access to relaxation techniques, mindfulness practices, and guided breathing exercises.
- + Continuous support with tips on managing stress, improving sleep, and reducing daily tension.

### PERSONALISED ADVICE AND EDUCATION

- + Regular guidance on pain management, posture, activity pacing, and lifestyle factors affecting TMD.
- + Tailored advice for adapting daily activities to prevent TMD flare-ups and promote recovery.

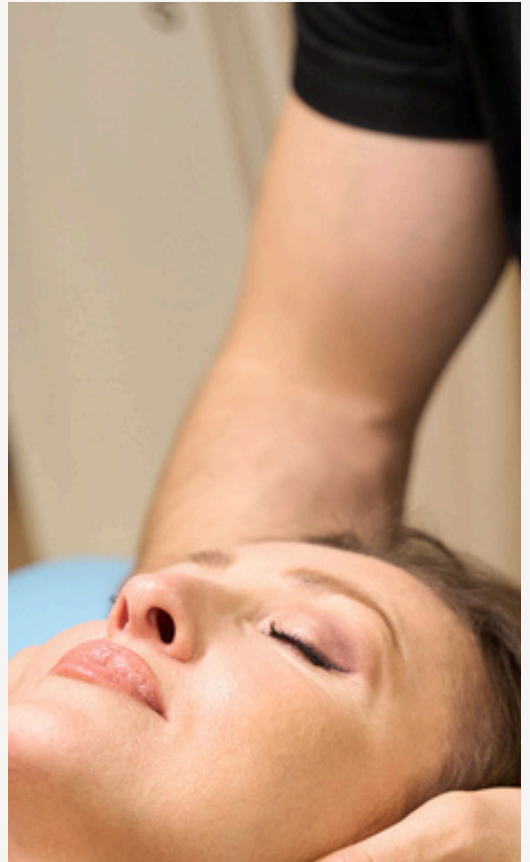
### POST-PROGRAM SUPPORT:

- + Follow-up sessions 4-6 weeks after program completion if needed to review progress and provide any necessary adjustments with further maintenance sessions if required.
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# Investment in Your Health: Pricing & Payment Options

We focus on delivering exceptional care that leads to lasting results. Your well-being is our priority, and we've structured our pricing to ensure that you receive the highest-quality treatment without compromising the value of your health.



## **Initial Session (60 minutes): \$220**

This comprehensive first session includes a thorough assessment and a personalised treatment plan to set you on the right path to relief.

## **8 Follow-Up Sessions (30 minutes each): \$150**

Each follow-up is designed to build on your progress, adjusting your care plan as needed to ensure sustained improvement.

## **Total Program Fee**

Based on 9 sessions (initial session followed by 8 follow up sessions), your full investment for optimal outcomes is **\$1420**





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**We believe in making access to high-quality care as seamless as possible:**

**+ Health Fund Rebates:**

We accept all major health funds, making it easier for you to claim rebates on your sessions.

**+ Medicare Rebates for EPC Plans:**

If you're on an Enhanced Primary Care (EPC) plan, you will receive a Medicare rebate for up to 5 sessions per year, providing you with additional financial support for your treatment.

## Exclusive Offer: Pay Upfront and Save

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To help you commit fully to your health journey, we offer a 10% discount when you pay for the entire program upfront—reducing your total investment to \$1278. This option ensures you receive the full course of treatment at the best value, providing both peace of mind and a clear pathway to complete recovery.

As part of this exclusive offer, you'll also receive a complimentary copy of our e-book, [The TMJ Unlocked: Understanding and Managing Your Jaw's Health](#). This invaluable resource will help you understand your condition and maintain your jaw health for the long term, empowering you to take control of your well-being.

We understand that every patient's journey is unique, and if you've already attended and paid for your initial session, you have the following options:

**+ Continue with follow-up sessions individually at \$150 each,** meaning your remaining eight sessions would total **\$1,200**

**+ Upfront Payment Offer:** You can choose to pay upfront for the remaining nine sessions and receive a **10% discount**, reducing the cost from \$1,200 to \$1,080. This ensures you receive the best value for your remaining treatments. You will also receive a copy of our book, [The TMJ Unlocked: Understanding and Managing Your Jaw's Health](#).

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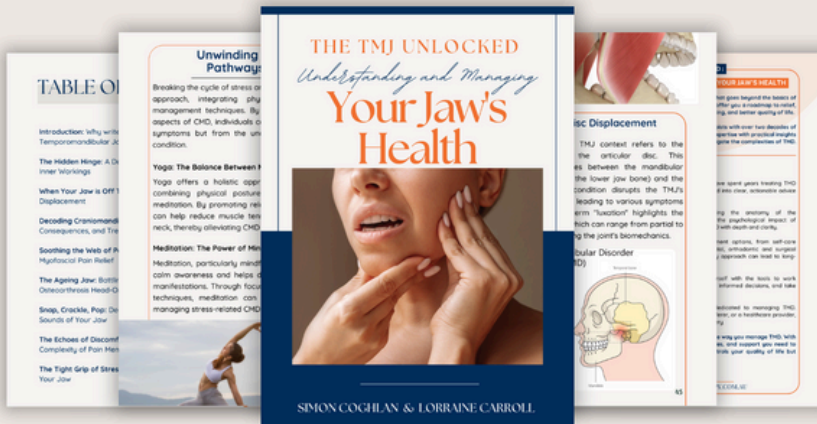
By investing in your health today, you're not just addressing immediate pain—you're investing in a future where you can enjoy life without the limitations of TMD.

Our holistic, patient-centred approach ensures you receive the care you deserve, making this program a wise investment in both your present and long-term well-being.

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THE TMJ UNLOCKED  
UNDERSTANDING  
AND MANAGING YOUR JAW'S HEALTH

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Discover a comprehensive guide that goes beyond the basics of Temporomandibular Disorder (TMD) to offer you a roadmap to relief, understanding, and better quality of life.

Download now

[WWW.LCSCPHYSIOTHERAPY.COM.AU](http://WWW.LCSCPHYSIOTHERAPY.COM.AU)

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**+ Cancellation and Rebooking Policy:**

We require at least 24 hours notice for cancellations or rebooking of appointments. If less than 24 hours notice is provided, the full treatment fee for the missed session will be charged or deducted from your prepaid package. This policy ensures fairness to other patients and allows us to optimise our scheduling.

**+ Upfront Payment Terms:**

If you choose the upfront payment option, the discounted rate covers the full course of treatment and is non-refundable. This ensures your commitment to the treatment process, maximises your results and supports continuity of care.

**+ Program Inclusions:**

Your treatment package includes one initial session (60 minutes) and eight follow-up sessions (30 minutes each). This also includes a complimentary copy of our book, *The TMJ Unlocked: Understanding and Managing Your Jaw's Health*. Should you choose to discontinue treatment early, the full program fee remains non-refundable, but you will retain access to the book and resources provided during your sessions.

**+ Health Fund and Medicare Rebates:**

We accept all major health funds, and rebates are subject to the terms of your specific plan. For patients on an Enhanced Primary Care (EPC) plan, you may claim a Medicare rebate for up to 5 sessions per year, where eligible.

**+ Treatment Validity:**

All prepaid sessions must be used within 12 months from the initial session date. After this period, unused sessions will no longer be valid or refundable.

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**+ Disclaimer:**

While we strive to deliver the best possible care, we do not guarantee results. The success of your treatment depends on your adherence to the prescribed advice, including compliance with your exercise program and lifestyle recommendations. Your active participation in your treatment plan is essential for achieving the best outcomes.

**+ Changes to Terms:**

We reserve the right to adjust these terms and conditions as needed to align with business operations and patient care protocols.

