

# TMJ Relief: The Root of Jaw Pain and How to Treat It Effectively

## Doctor's Talk

May 8, 2026 Dr. Mimi Yeung



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Jaw tension, headaches, and facial discomfort are often dismissed as minor annoyances, but for many patients, these symptoms point to a more complex

issue: temporomandibular joint (TMJ) dysfunction. Affecting the hinge that connects the jaw to the skull, TMJ disorders can disrupt everything from eating and speaking to sleeping comfortably. For patients seeking relief, the key is not just managing symptoms, but identifying the underlying cause and tailoring treatment accordingly. With a thoughtful, patient-specific approach, Dr. Mimi Yeung focuses on restoring both function and comfort, helping patients regain control over their daily lives.

## **What Is TMJ and Why Does It Happen?**

The temporomandibular joint is one of the most frequently used joints in the body, responsible for movements like chewing, speaking, and even subtle facial expressions. When this joint becomes strained or misaligned, it can lead to a cascade of symptoms including jaw pain, clicking or popping sounds, limited mobility, and even chronic headaches or ear discomfort.

TMJ disorders can develop for a variety of reasons. Stress is a major contributor, often leading to clenching or grinding, also known as bruxism, especially during sleep. Structural issues, such as misaligned teeth or bite irregularities, can also place undue pressure on the joint. In some cases, trauma or injury to the jaw may be the root cause. Because TMJ is multifactorial, understanding each patient's unique triggers is essential to creating an effective treatment plan.

## **Beyond the Jaw: How TMJ Impacts Overall Wellness**

While TMJ is often associated with localized jaw pain, its effects can extend far beyond the face. Many patients experience tension headaches, neck stiffness, and even shoulder pain as a result of chronic jaw strain. Sleep disturbances are also common, particularly in patients who grind their teeth at night, leading to fatigue and a decreased quality of life.

Additionally, untreated TMJ can contribute to long-term dental issues. Constant grinding or clenching can wear down enamel, increase tooth sensitivity, and even lead to fractures or gum recession over time. By addressing TMJ early, patients not only find relief from discomfort, but also protect their broader oral and physical health.

## **Modern Approaches to TMJ Relief**

Effective TMJ treatment requires a comprehensive, individualized approach. For many patients, non-invasive therapies can provide significant relief. Custom nightguards are often recommended to prevent grinding and reduce strain on the joint during sleep. In-office treatments such as targeted muscle relaxation techniques or injectables can help alleviate tension in overactive jaw muscles, offering both therapeutic and aesthetic benefits.

For patients with more complex cases, a deeper evaluation of bite alignment or jaw function may be necessary. Dr. Mimi Yeung emphasizes a conservative, step-by-step approach, starting with the least invasive options and progressing only as needed. This ensures that treatment is not only effective, but also sustainable, addressing the root cause rather than offering a temporary fix.

## **A Personalized Path to Lasting Relief**

TMJ is not a one-size-fits-all condition, and successful treatment reflects that. By combining clinical expertise with a nuanced understanding of each patient's lifestyle, habits, and anatomy, Dr. Mimi Yeung creates tailored treatment plans designed for long-term relief. Whether symptoms are mild or more advanced, early intervention can make a meaningful difference.

If you are experiencing persistent jaw pain, headaches, or signs of teeth grinding, seeking expert evaluation is the first step toward relief. Schedule a consultation with Dr. Mimi Yeung to explore a personalized approach to TMJ treatment and take the first step toward restoring comfort, function, and balance.