

## SOURCE: Secrest Family Chiropractic

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### Scottsdale Chiropractor Helps Patients Recover From TMJ Pain

SCOTTSDALE, AZ--(Marketwire - Jul 28, 2011) - Scottsdale chiropractor Dr. Daniel P. Secrest ("Dr. Dan") announced that his practice has had significant success treating patients who suffer from TMJ pain. Temporomandibular Joint (TMJ) pain is characterized by popping or clicking sounds and can lead to tooth pain, ear pain and headaches. TMJ pain is the result of a misalignment of the two joints that connect the jawbone to the skull. Individuals who suffer from TMJ pain may also grind or clench their teeth, leading to dental damage. Dr. Dan has helped many patients struggling with TMJ pain by using advanced manipulation techniques to restore proper alignment to the joint. Dr. Dan treats neck pain, back pain and other chronic pain for Mesa, Tempe and Scottsdale patients.

Dr. Daniel P. Secrest, the **Scottsdale chiropractor** with Secrest Family Chiropractic, PC, announced that his practice has had significant success helping patients who suffer from TMJ pain. "**Scottsdale TMJ patients** typically complain of intense jaw pain, uncomfortable popping, especially while eating, and headaches," said Dr. Dan. "Many patients may also grind their teeth or clench their jaw at night, leading to significant damage to teeth." Chiropractors like Dr. Dan who are experienced in **TMJ adjustment work** to restore proper alignment to the joints. Studies show that TMJ pain may be related to a misalignment in the cervical spine, or alignment problems as far down the body as the feet.

"Many of my patients do not realize that chiropractic care can make a tremendous difference for their TMJ pain -- both relieving their pain and correcting the underlying cause of the condition," said Dr. Dan. The Scottsdale chiropractor stated that Trigger point therapy and massage around the neck, jaw and spine can bring relief to patients in as little as four to six weekly sessions, depending on severity. Some TMJ conditions may also be the result of **neck pain** caused by **auto accident injuries** and damage to the cervical spine.

According to Secrest Family Chiropractic, chiropractic care can restore alignment to the cervical spine, relieving both neck pain and TMJ pain. Many patients come to Secrest Family Chiropractic after other attempts to correct their TMJ pain have failed. Some patients may have seen Dr. Dan for other problems, such as **back pain**, and turned to him for a non-invasive solution to their TMJ pain.

"Dr. Dan had worked miracles with the bulging disc in my back -- but when I had sudden TMJ problems, I had no idea the results would be so dramatic!" said Scottsdale resident Laura T. "My jaw was not only 'popping' every time I would chew, but it would slip out of position every time I tried to speak. After ONE visit with Dr. Dan, my jaw is holding steady back in place! I am able to eat without the constant popping, dislocating, and cautious chewing."

Laura T. had initially made an appointment to visit an ENT doctor. After her success with Dr. Dan, she canceled the appointment. "I've now learned with my back and jaw that it's better to go to Dr. Dan first if I want immediate, long-lasting, non-invasive results," says Laura T.

Dr. Dan is one of the only chiropractors in the Scottsdale area using the comfortable **Koren Specific Technique** (KST) that offers TMJ relief. Depending on the severity of the problem, most patients require several adjustment sessions. A combination of therapies, including adjustment and trigger point massage, is effective for many patients says Dr. Dan.

Prospective patients who wish to learn more about TMJ treatment, Dr. Dan's approach to **chiropractic care** and how chiropractors can relieve pain through natural, non-invasive adjustments can visit the Secret Family Chiropractic website at <http://secrestfamilychiropractic.com>.