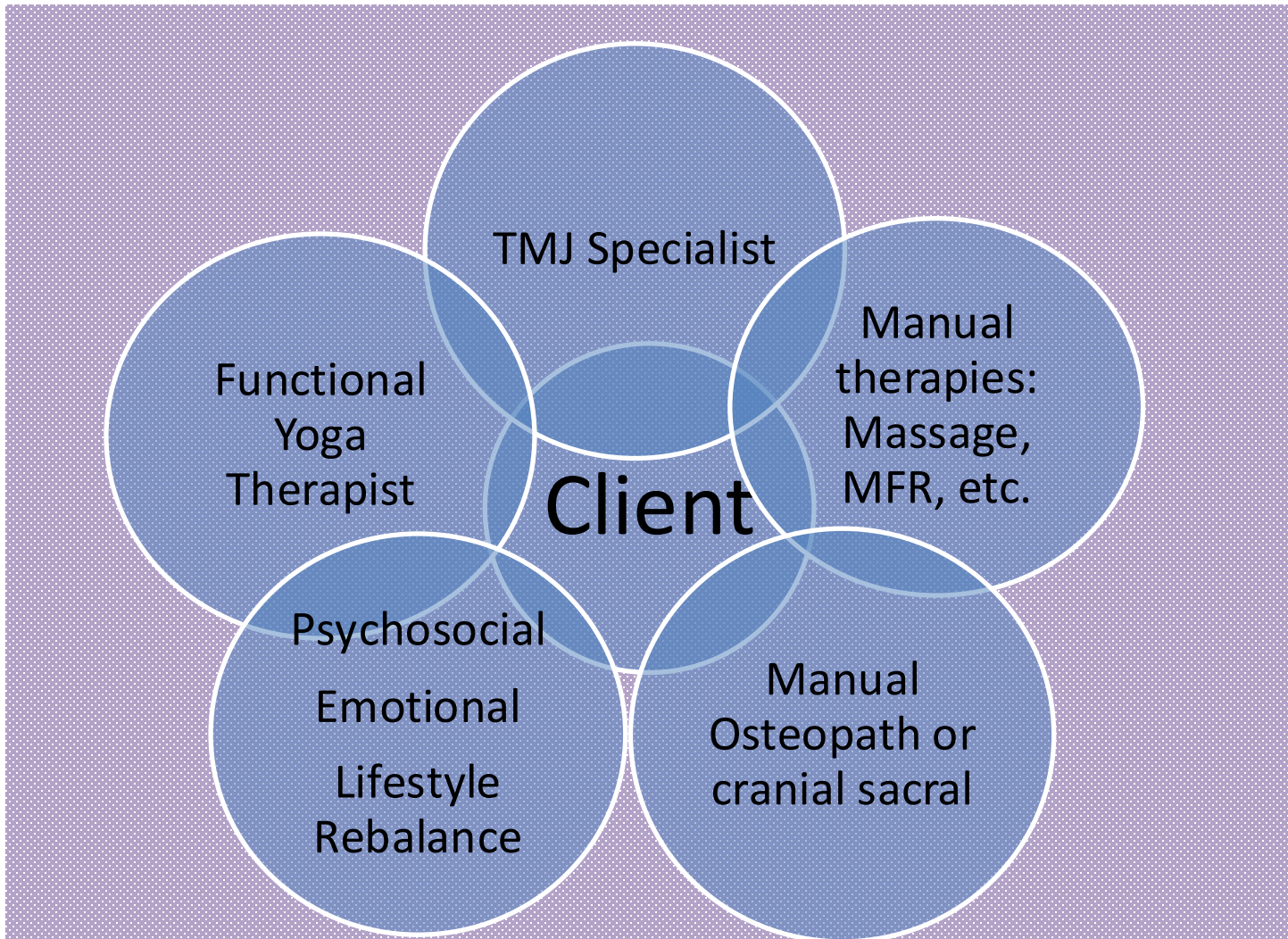


Functional Yoga Therapy™ Body-to-Jaw Alignment

**TMJ Assessment &
Therapeutic Protocols**

Integrative Team Approach



My Jawbone is Connected to My Hip Bone...!!!

- Early Embryo Connection
- Fascial Tissue Link
- Midwifery
- Traditional Chinese Medicine
- Tell-Tale Stress

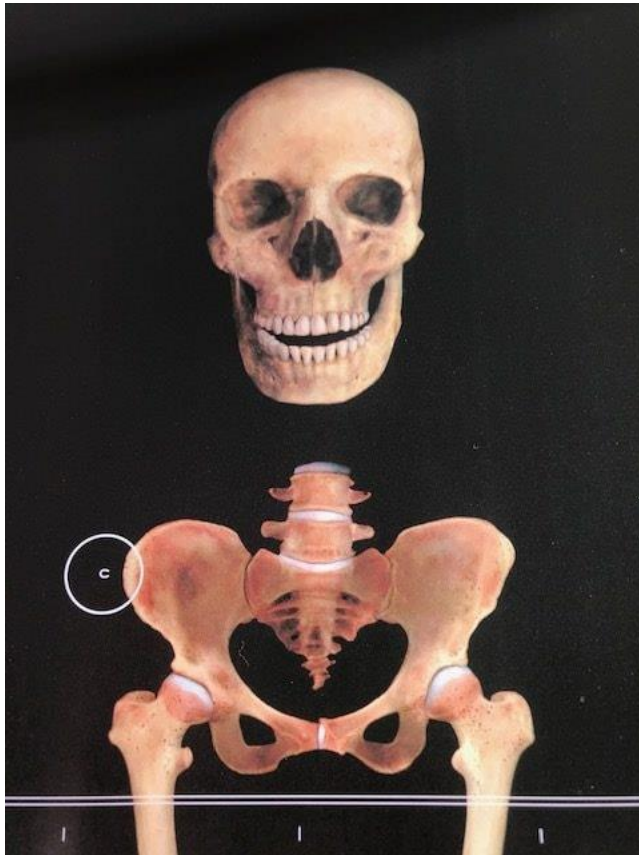
Research: Influence of the temporomandibular joint on range of motion of the hip joint in patients with complex regional pain syndrome

- J. of Manipulative Physiol Ther. 2009 Jun;32(5):364-71., Fischer, et.al.



...concluded that TMJ dysfunction plays an important role in the restriction of hip motion...and this indicated a connectedness between these two regions of the body.

Mind to Body



Suppressed anger, fear, and negative emotions can cause you to clench and grind your teeth, building stress in the jaw.

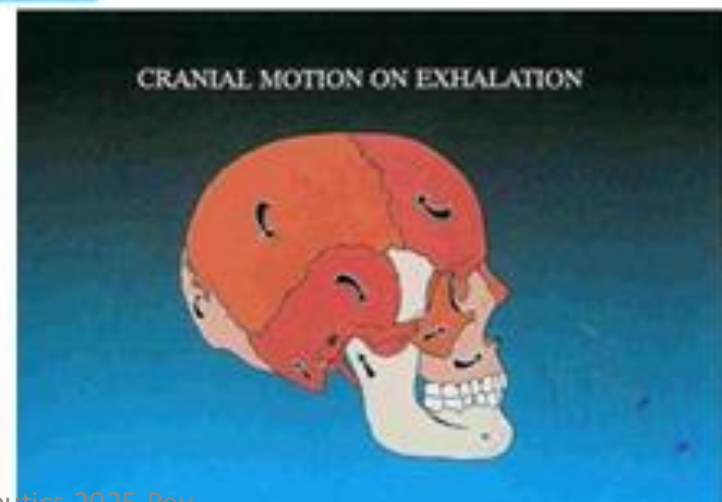
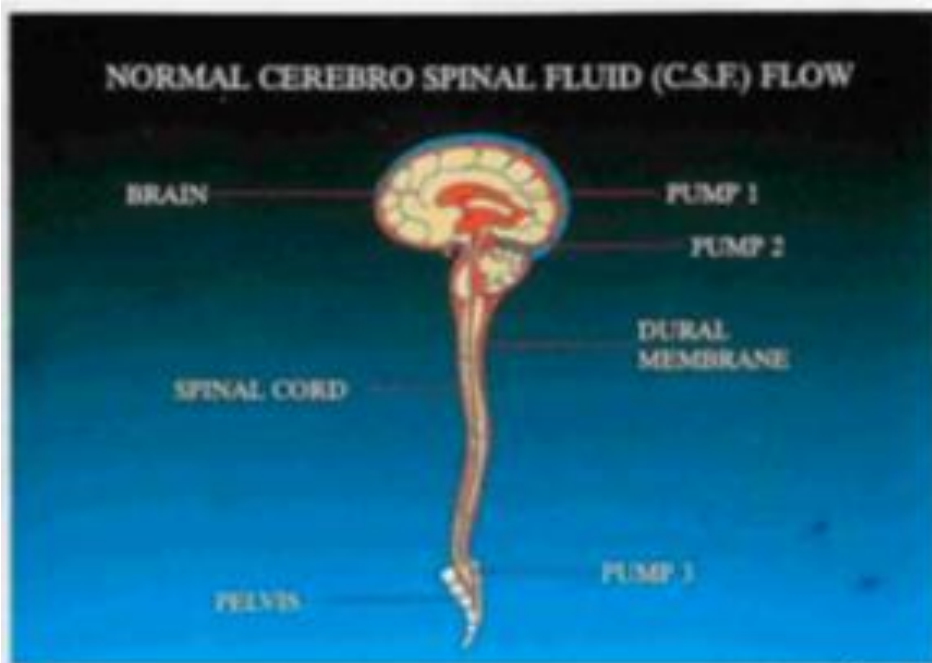
Similarly, when you are in a stressful situation, can you feel your abdomen and pelvic floor muscles tense up, or your buttocks clench?

****Great Clinical Resource:**

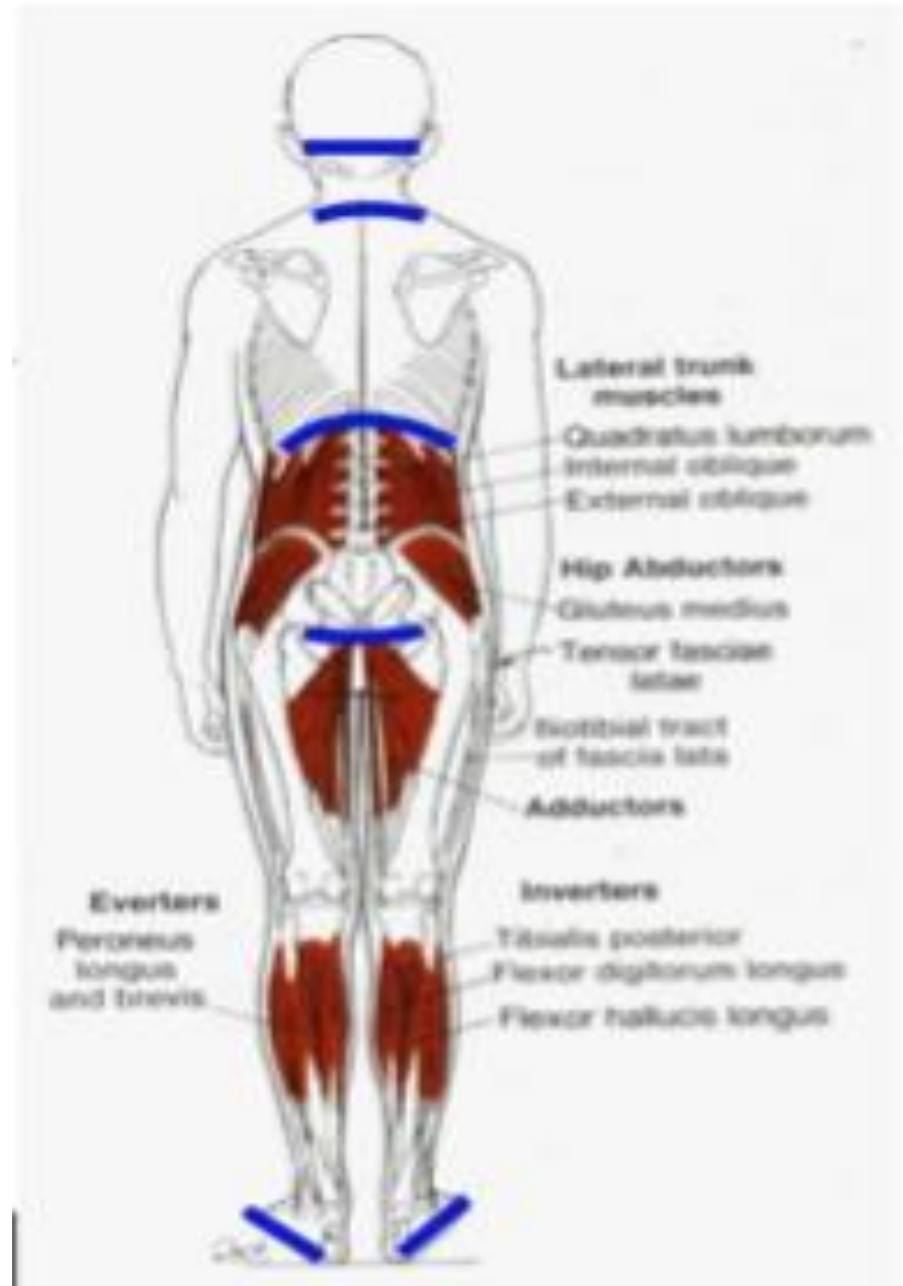
<https://www.christinemathesonnd.com/blog/pelvic-health-jaw-tension-connection>

MariaAlive Therapeutics 2025 Rev.

Cerebro Spinal Fluid



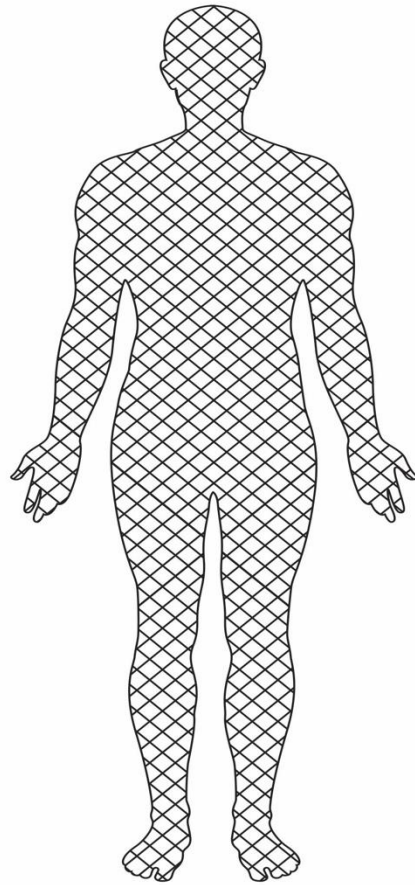
The Five Diaphragms of the body



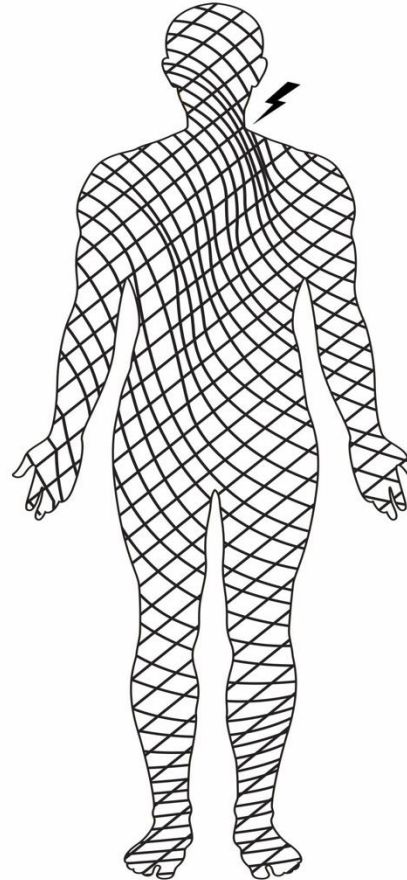
injuries, surgeries, traumas can create soft tissue adhesions – MEMORY STRAIN PATTERNS in the fascia

Fascia - the Body's "Inner Net"

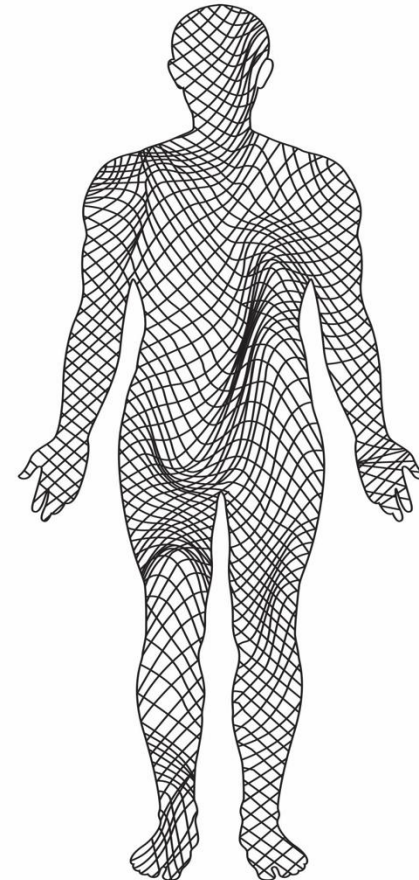
Diamond patterns represent fascia



Balanced Bio Tensegrity
Fascial Equilibrium
No Injury Pattern = Optimum Function



One Injury Pattern
One trauma can affect the
entire body's "Inner Net"



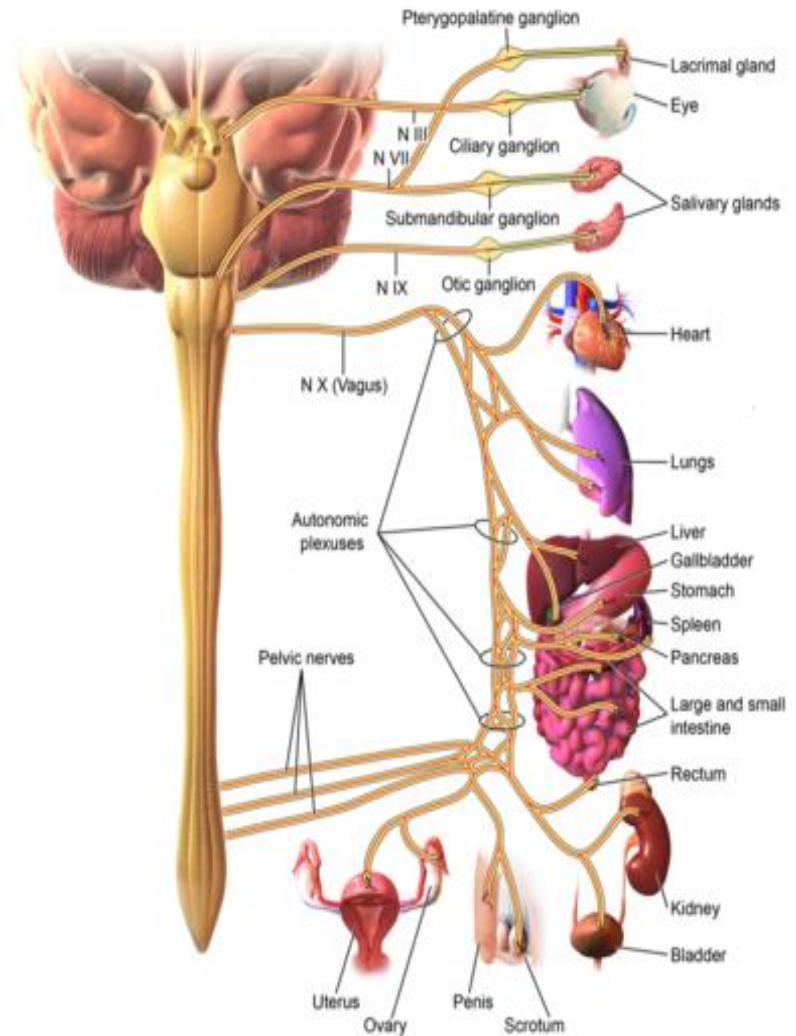
Over time multiple fascial stress
patterns may accumulate
and the body compensates
and distorts for each trauma

Local, distant, or full body strain patterns that may result in pain, dysfunction or restriction.
Manual Therapeutics 2025 Rev.
Reproduced with permission Tad Wanveer and Upledger Institute.

VAGUS NERVE PATHWAYS



Our larynx and cervix are connected by our vagus nerve which is affected by our stress levels and breathing patterns.

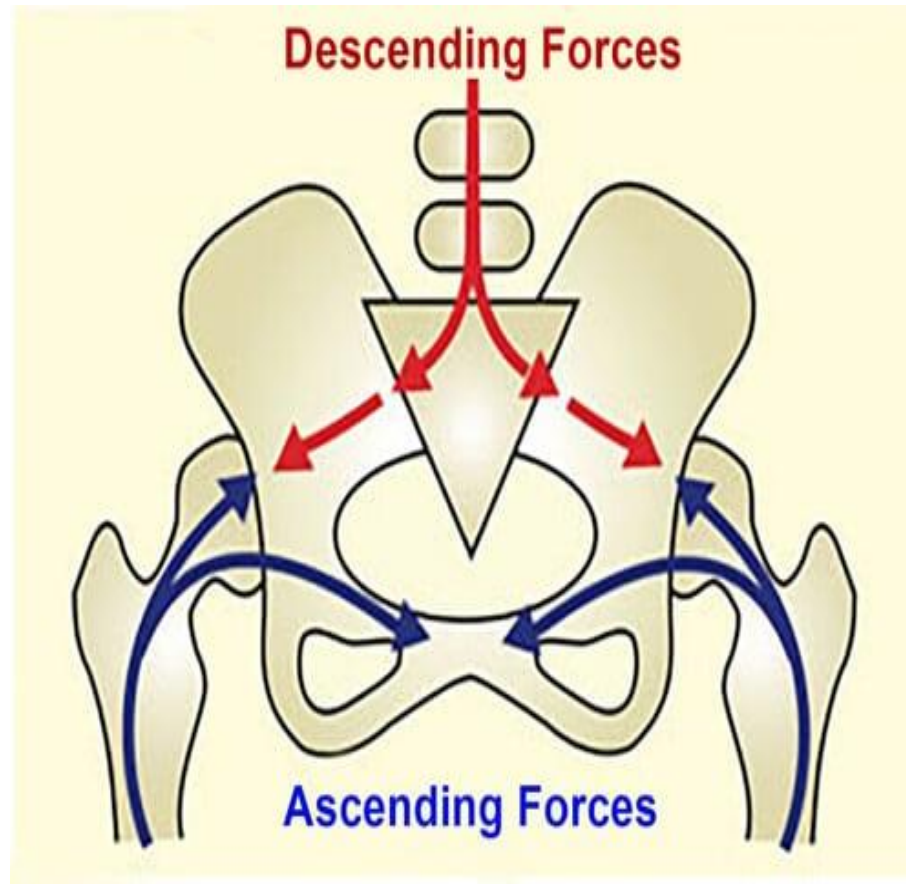


Parasympathetic Innervation

Descending & Ascending Pelvic Instability

Descending:

- From jaw down
- Work on jaw rebalance
- neck releases & strengthening



Ascending:

- From feet/legs up
- Check for true short leg (rare)
- Check feet (pronation & supination)

**Many people have both,
especially if history of trauma.
Always work with both.**

Forward Head Posture And TMJD



Dangers of Forward Head Posture

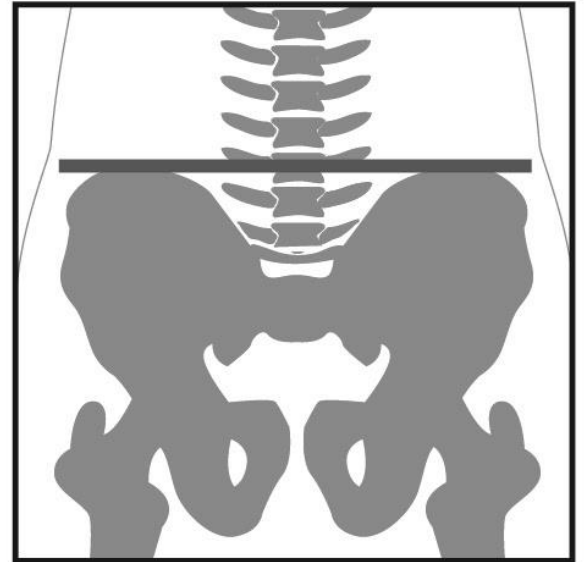
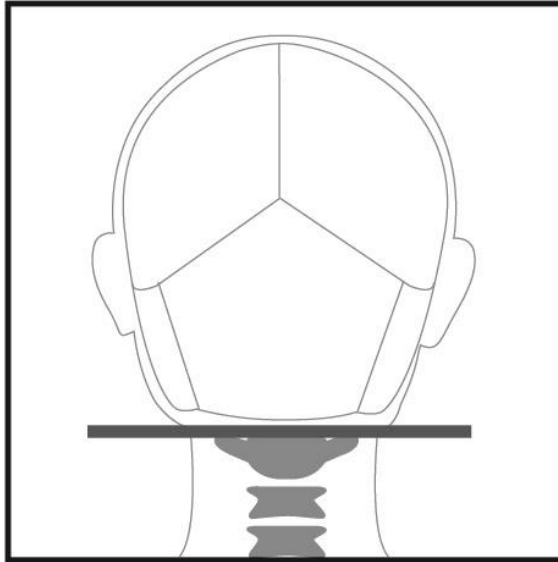
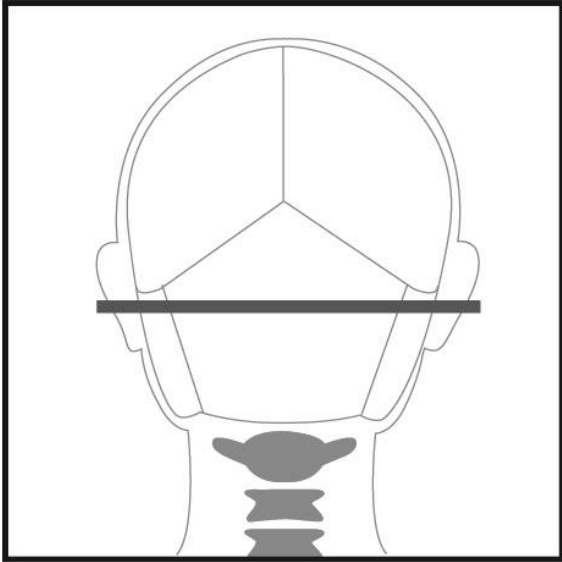
The Domino Effect

1. The head moves forward shifting the Center of Gravity.
2. To compensate, the upper body shifts backward.
3. To compensate for the upper body shift, the legs tilt forward.
4. The forward head posture can be the cause of not only headache problems, but also neck pain and low back problems.



Dr. Steven Swidler's Discovery:

The Triplet's Body Relationship



*If the jaw is out of alignment, so is the cranial base and the level of the hips. **THE LEVEL OF THE HIPS IS CURRENTLY THE MOST SENSITIVE DIAGNOSTIC INDICATOR FOR TMD/TMJ***

Jaw Anatomy

If Jaw pushes backward –

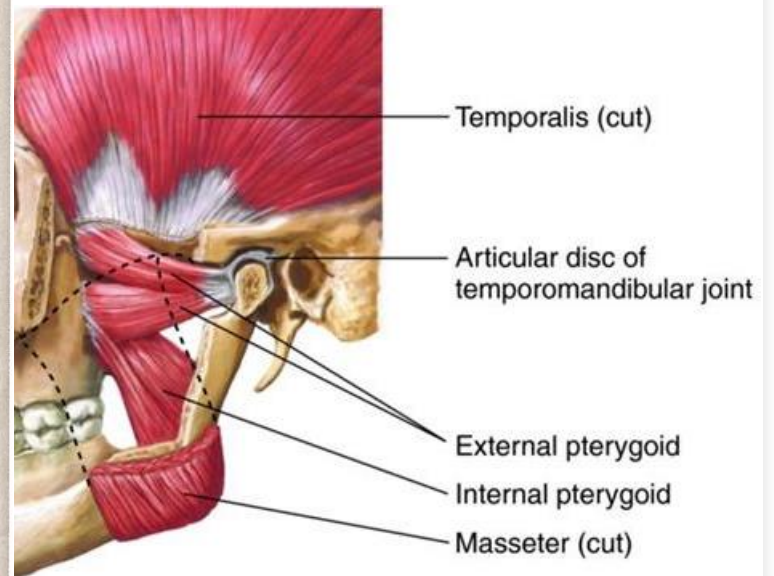
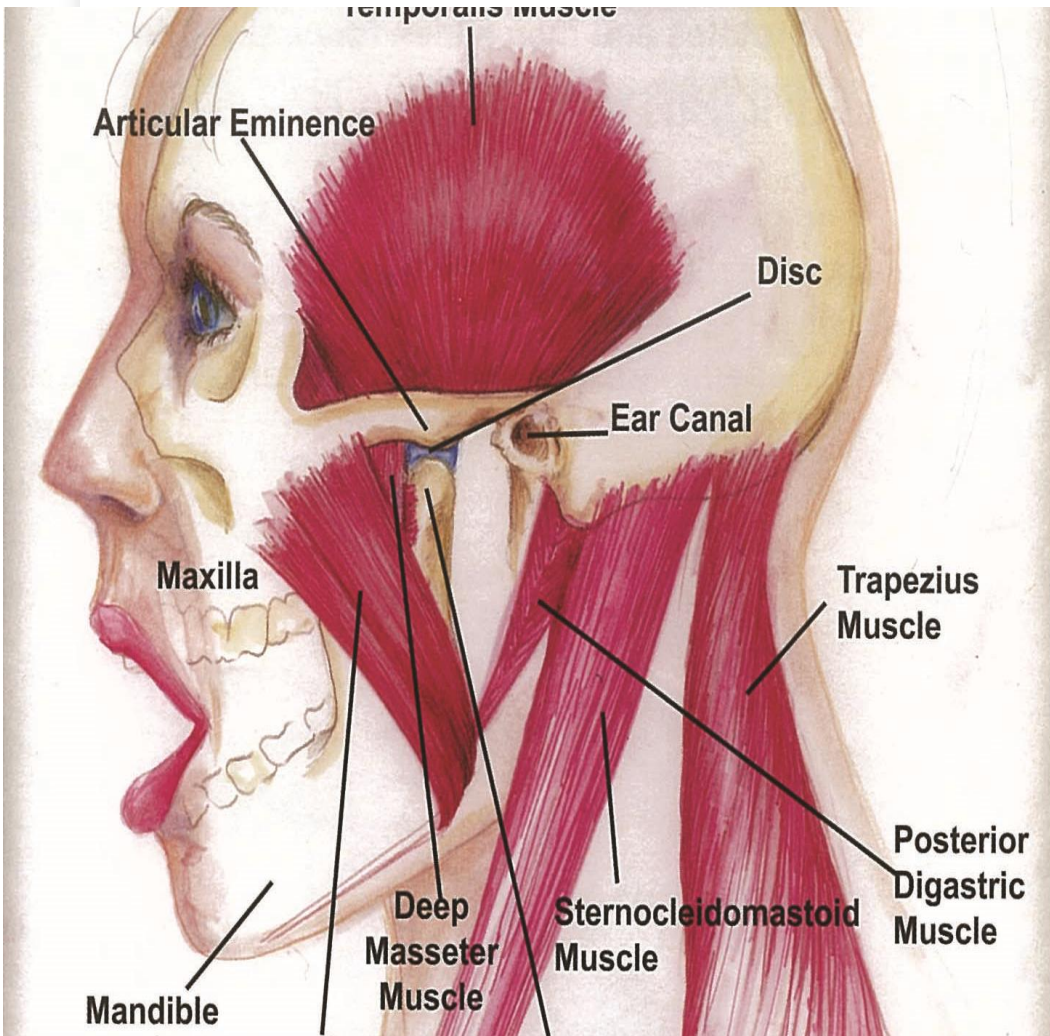
- it flexes back thru ear canal bone
- cranial base destabilizes
- hips become off balance

Jaw = tuner on a radio

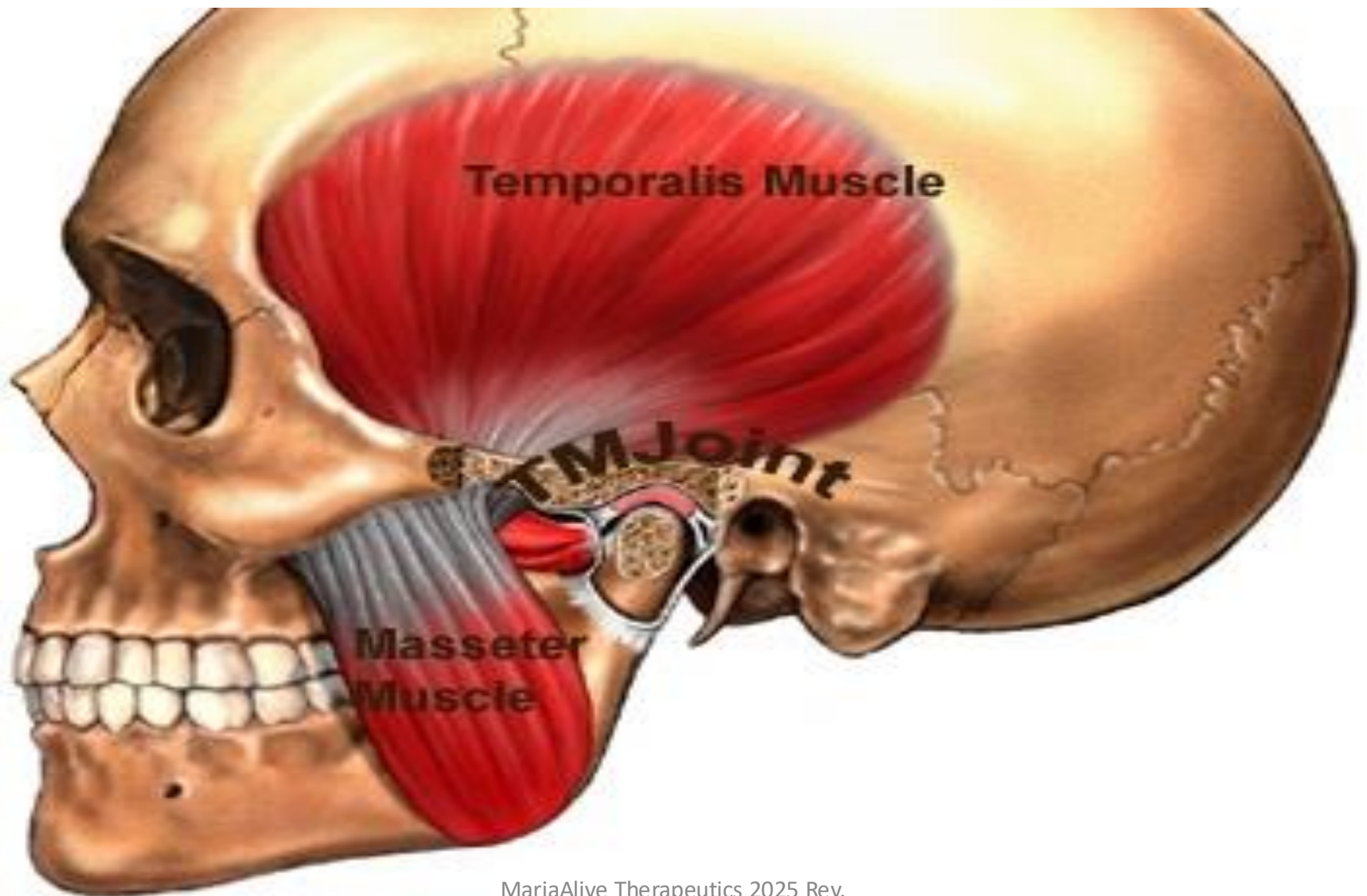
PLAN:

Understand the triplets;
get rid of injury strain
patterns





Muscles of TMD



Pelvis



In Summary

Triplets” theory answers the question more fully “Why do I get put into postural balance, only to quickly go back to old strain patterns?”

- Cranial base; Pelvis; Jaw
- All 3 of these areas need to be assessed & balanced.
- Release ➡ stabilize ➡ re-educate ➡ strengthen

Address the Main Circuit Breakers:

Level the hips; Balance cranial base; Stabilize sacrum, Check ankles/feet, etc.

Observe for Symmetry



Check Natural Bite Pattern



MariaAlive Therapeutics 2025 Rev.

Here you can have them put baby fingers in each ear.

Align Upper Teeth with Lower Teeth



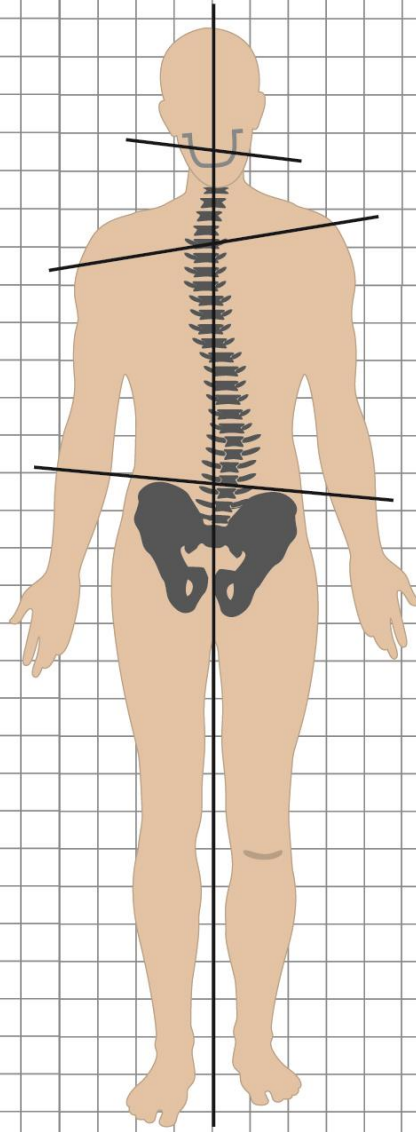
MariaAlive Therapeutics 2025 Rev.
You can re-check ears again.

Observe Symmetry

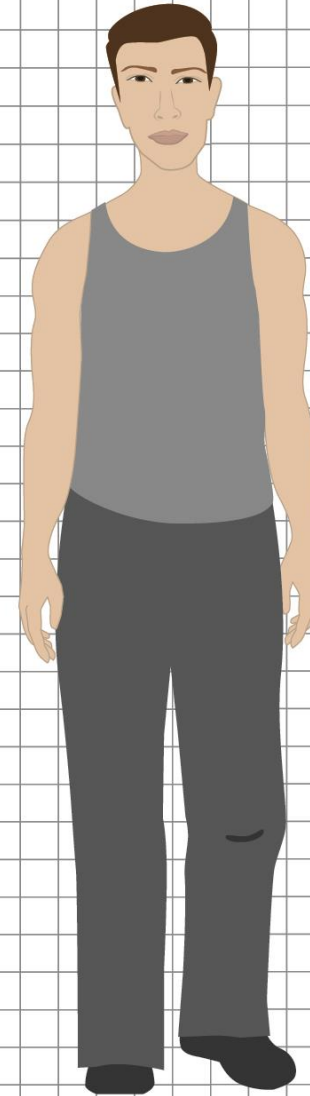


March 24, 2015

Observe Standing Body Alignment



Standing with more weight on the right leg. High right hip. High left shoulder. High left clavicle. Head tilt to his right.



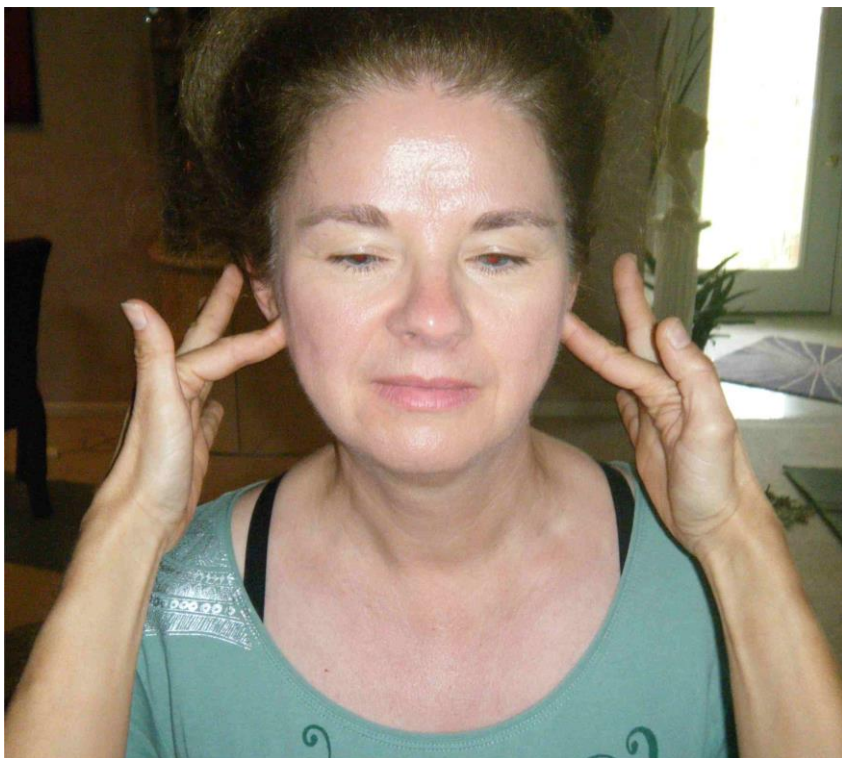
If the jaw is out of alignment, so is the cranial base and the level of the hips.

Therapist Assessment



ARE HIPS BALANCED?

**CHECK HIPS FIRST?
THEN CHECK JAW
RE-CHECK HIPS**



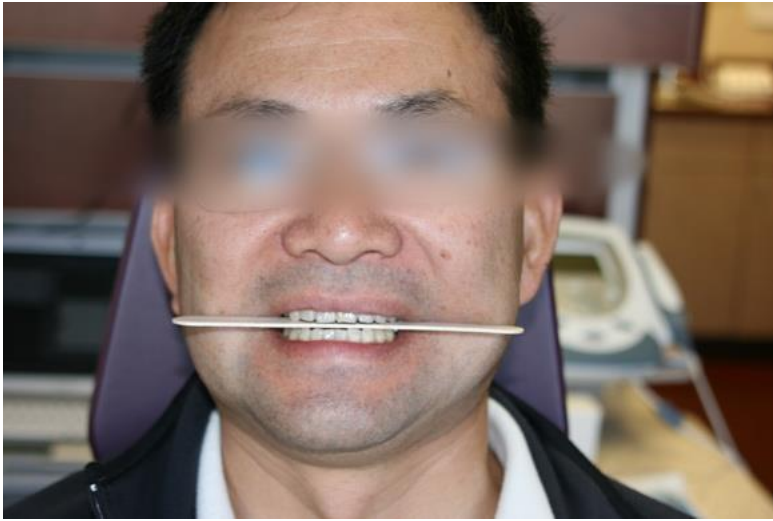
Fingertips pressed into
TM joint of jaw. Open and
close mouth. See if jaw
DEVIATES WHEN
OPENING OR CLOSING

If jaw pushes backward--
flexes back through bone
of ear canal, the hip may
be off too.

Self Assessment



Put baby fingers in ears and
open and close mouth
listening to the sounds of the
jaw.



Bring lower front teeth forward to top front teeth (edge to edge) resting on Q-tip . Go up and down on toes 3 times to “shake out” old position of Fascia.



Relax face.

After Jaw is Adjusted with Q-Tip

- **Recheck hips:**
 - If balanced = Descending
 - If hips still off = Ascending (or both)
 - Check feet/ankles
 - Cranial Base Balancing
 - SI Stabilizer
- **In addition, strengthening weak muscles and teaching postural alignment will create long term maintenance.**

“Level hips are the foundation.”

Self Evaluation:

With palms parallel to the floor, all 5 digits close together – rest the side of thumb at top of iliac crest at the mid-seam (between front & back) of the body - to determine if one is higher than the other.

Evaluating Others:

Check either ASIS or Iliac Crest at mid-seam, kneeling.

Do first thing in the morning.

Stand in front of a full length mirror to measure your pelvis determining if one side is elevated.



Other Important Self-Care Techniques

- **Worst damage** while sleeping
- **Massage** inside of mouth
 - PTERYGOIDS
- **Foot Release work**
- **Yoga poses** —cat/cow, wide leg squats w/jaw cues
- **Slow exhales**
- **Fifth Chakra work**
- **Sigh often & sing**
- **Simple Daily Awareness**
- **Seek to balance hips:**
 - Look to Descending & Ascending issues
 - Jaw to Feet
- ***TMJ Specialist***
- ***Manual Osteopath***
- ***Cranial/Sacral help***
- ***MFR***
- ***Massage Therapist***
- ***Pelvic Floor Specialist***