

## Is Your Headache Actually Caused by TMJ?

If you've been battling persistent headaches and haven't found a clear cause, your jaw may be the hidden source of your pain.


TMJ disorders (short for *Temporomandibular Joint Disorders*) often create tension in the jaw that radiates into the temples, face, neck, and even ears.

When the jaw joint is misaligned or under stress, it can strain surrounding muscles and nerves—leading to headaches that mimic migraines or tension headaches.

### **Signs your headache might be TMJ-related:**

- Headache starts near the temples or jaw
- Clicking or popping in the jaw
- Ear pain or fullness without infection
- Jaw tension or clenching, especially at night
- Neck or upper shoulder tightness

At **TMJ Relief & Therapy**, we specialize in treatments that reduce pain and improve function. Our approach includes massage therapy, TMJ-focused physical therapy, and client education to support lasting results.

 **Located in Bradenton, FL** — proudly serving Bradenton, Lakewood Ranch, and Sarasota.

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