

Serving the local community since 2001

# Back in Shape



## Physiotherapy & Pilates



### Helen's Mat Classes

**Term dates: 2022 Term 3**

**Start: Monday 11 July 2022**

**End: Friday 16 September 2022**

There will be no casual attendance in order to regulate class sizes. However, all participants will have access to the Zoom recordings on my website, plus all previous term's recordings.

#### Alphington Bowls Club

Parkview Rd, Alphington

#### All ages and abilities classes

**Mon: 12.15-1.15pm**

**7.00-8.00pm**

**Wed: 5.30-6.30pm (Zoom only)**

**Thu: 8.00-9.00am (New class)**

**Fri: 9.15-10.15am**

**10.30-11.30am**

**Cost: Mon: 10-week term: \$250**

**Wed: 10-week term: \$250**

**Thu: 10-week term: \$250**

**Fri: 10-week term: \$250**

#### St. Andrews Uniting Church

85 Gillies Street, Fairfield

(Classes available Live and on Zoom)

#### Over 50s class

**Mon: 9.30-10.20am**

**Cost: 10-week term: \$150**

#### Limited mobility class

**Mon: 10.30-11.20am**

**Cost: 10-week term: \$150**

### **PUBLIC HOLIDAY ALERT:**

There are no public holidays this term. However, I am away on **Friday 15 July**. For that week only, Friday classes will be held on Thursday (14 July) at 9.15 and 10.30am instead. If you are unable to attend either of the Thursday classes, you can do an online recording or any of the other classes that week.

## Chewing the fat about jaw pain

This newsletter, I would like to talk about Temporomandibular Disorder (TMD), which you might just know as jaw pain. Jaw pain usually originates from the Temporomandibular (TM) Joint, which is a ball-and-socket joint just in front of our ears.

See the Gray's Anatomy diagram below for more detail. This joint allows us to move our jaws up and down and from side to side, thereby enabling us to chew our food, talk and yawn.

Like any other joint in the body, the TM can get stiff or develop arthritis. Furthermore, pain can also come from the muscles in the face that control this joint. These can become tight due to overuse, stress or to protect the joint itself.

Unrelated general life stress can commonly lead us to clench or grind our teeth, thereby triggering stress in the TM joint. Often this leads to a cause-and-effect viscous circle whereby the tightening of the muscles compress the TM joint resulting in pain, and in turn this pain triggers the muscles to protectively tighten even more.

In more extreme cases, this can lead to clicking or locking of the jaw, and can be responsible for referred pain to the head in the form of headaches.

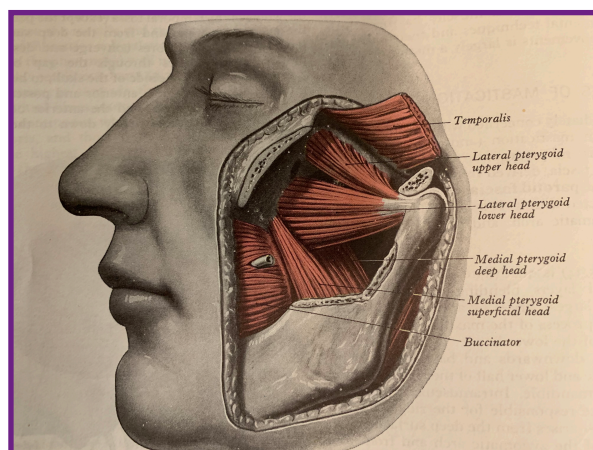
So that's how we can get jaw pain, but what can we do about it?

A physiotherapist can assess the joint and the surrounding muscles, and in simple cases—where the problem is a straightforward stiff joint or tight muscles—alleviate the symptoms through joint mobilisation, soft-tissue releases and simple exercises.

If the joint is inflamed, you might benefit from icing and anti-inflammatory drugs. Over-the-counter options, such as ibuprofen, can work wonders, but if you need something stronger you might need a prescription from your GP. Again, your physio can advise.

If stress is the root cause of the problem, then physio treatments might only provide a short-term fix before you need further mitigation.

If this sounds like what you are experiencing, you probably need to consider some form of stress release. Relaxation



## Happy 100th Birthday ABC

Alphington Bowling Club celebrated its centenary with a dinner dance on Saturday May 28. Pilates was represented by a group of 11 of us, who all put our Pilates fitness to the test on the dance floor! The picture below shows the original bowling club in 1921. Perhaps in another 100 years, someone will be checking out pictures of us!



techniques or meditation might help to provide a longer-term preventative solution. Check out the Active Standing Exercise —‘Rocabado’ Jaw Relaxation—below for a technique that may help you relieve the jaw-pain symptoms you are experiencing.

If the TMD is more complex in nature, there are physios who specialise in the treatment of the TM joint. Your regular physio will advise if this is the case and provide you with a referral.

And finally, if the above advice has not helped and there are signs that you are grinding your teeth, you probably also need to consider visiting your dentist for an assessment for a night splint.

## Active Standing Exercises

You’re probably all familiar with the format now. Active Standing Exercises are exercises you can pretty much perform anywhere at any time. They are ideal for those situations where you are on your feet, but not terribly busy. For example, queuing in the supermarket, or even while you are washing the dishes. So, don’t just stand there. Stand actively!

### ‘Rocabado’ jaw relaxation

This is a really simple exercise that can be performed in any position: sitting, standing, lying down, or even while walking. It was created by Dr. Rocabado to ease Temporomandibular Disorder (TMD).

The position of the tongue in the mouth facilitates a relaxation of the jaw muscles. By doing it often you will break the habit of constantly clenching your jaw.

If you know you have a tendency to clench your jaw during certain activities—say driving for instance—then get into the habit of performing this technique when you get in the car, or when you are waiting at the lights. Similarly, if you know you grind your teeth in your sleep, perform the exercise when you turn out the lights.

- Comfortably tuck your chin in and ‘think tall’ through the crown of your head.
- Make sure your shoulders are relaxed and away from your ears.
- Rest your tongue gently on the roof of your mouth, with the tip just behind your teeth.
- Hold your tongue in this position as you focus on your breathing.
- Take six deep breaths.
- You can repeat this as often as you like and modify by holding for longer and breathing normally.

## New website resources

### Short workouts and tips

If you are a regular attendee of any of my classes and you haven’t yet checked out my website, now is the time! Here is the link:

[www.backinshapemelbourne.com](http://www.backinshapemelbourne.com)

I have recently created a new channel in the class recordings section, called ‘Short workouts and tips’. This is accessible to all of you who do my classes.

In this new section, I have included the morning warm-up routines. There is one for the ‘Over 50s’ (which is osteoporosis safe) and one for ‘All Abilities’. Each of these warm ups is 15 minutes long, so perfect to slot into your morning routine.

I have also posted the 10-minute ‘Muscle Maintenance’ workout, which comprises five exercises each of which you perform for one minute, followed by a minute of resting or stretching.

I’d suggest this is perfect for any time of the day when you have 10 minutes to spare, and absolutely ideal to break up your working day if you find yourself sitting in front of a computer screen for many hours at a time.

In time, I will regularly add more short workouts. I am planning a ‘Roller Release’, a ‘Tennis Ball Massage’, as well as more detailed specific exercises, such as those for the pelvic floor, for example.

These workouts will be useful if you need a reminder of how to do an exercise, especially if you have not done it for a while and want to ensure you are using the correct technique.

So please check out this new channel to see what you might find useful, and keep an eye on it over the coming weeks and months for new content.

