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ChatGPT Is Quietly Becoming Reddit's Favorite Health Coach

After 5 years of jaw clicking (TMJ), ChatGPT cured it in 60 seconds — no BS

Educational Purpose Only

I've had jaw clicking on the left side for over 5 years, probably from a boxing injury, and every time I opened my mouth wide it would pop or shift. I could sometimes stop it by pressing my fingers into the side of my jaw, but it always came back. I figured it was just permanent damage. Yesterday, I randomly asked ChatGPT about it and it gave me a detailed explanation saying the disc in my jaw was probably just slightly displaced but still movable, and suggested a specific way to open my mouth slowly while keeping my tongue on the roof of my mouth and watching for symmetry. I followed the instructions for maybe a minute max and suddenly... no click. I opened and closed my jaw over and over again and it tracked perfectly. Still no clicking today. After five years of just living with it, this AI gave me a fix in a minute. Unreal. If anyone else has clicking without pain, you might not be stuck with it like I thought.

Edit:

I even saw an ENT about it, had two MRIs (one with contrast dye), and just recently went to the dentist who referred me to maxillofacial. Funny enough, I found this fix right before the referral came through I'll definitely mention it when I see them.

After a decade of low back pain, ChatGPT helped me finally fix it

Use cases

I've had low back pain for over a decade. Classic combo of bad posture, too much sitting, and gym injuries. I went to 7 or 8 different physios over the years. Most treated the symptoms or gave me exercises with little context. Some were helpful, but no one could properly explain what was actually going on in my body or why certain things hurt. It felt like an unsolvable mystery, just a part of getting older.

Every therapist had a different theory. One said it was a lateral imbalance, another blamed my deep core muscles, another said dry needling was the solution. I'd try the exercises for a while, then lose steam because it was hard to tell if they were working or what they were supposed to be doing.

The first part of the solution came when I found a great program called [Low Back Ability \(LBA\)](#). Awesome concept: strengthen the back instead of avoiding using it. Seemed to help a lot of people. But the explanations still felt kind of vague; I didn't know exactly why I was supposed to perform every exercise. I understood some of it but not enough to feel confident.

Maybe not everyone's brain works like this, but I need to fully understand: why it hurts, why the imbalances, why and how each exercise helps.

So I fed the whole thing to ChatGPT. Pages of context: my entire history, what causes pain, what helps, every exercise I'd ever tried, the full LBA plan.

And it finally clicked.

It explained exactly why my back hurt in all the different ways it does, how each exercise was helping, which exercises are best for which situation, and helped me make a plan to progress gradually and safely.

Over the next few weeks I kept relentlessly asking follow-up questions, adjusting things, staying consistent for once. And... it's working. My back feels the best it has in years. Tightness and pain are down by 60–70%. I'm planning to slowly get back into lifts I thought I had banned for life.

The key is: every physio I've gone to gave me one person's take, one angle. But with ChatGPT, I'm getting a compendium of all physical therapy knowledge known to man, filtered through more personal context than I could ever give a physio in an hour-long appointment, and tailored to my specific learning style. Not to make it sound like an ad but... best \$20/mo I've ever spent.

tl;dr: ChatGPT helped me understand my back pain, build a plan, and finally fix it after years of hit-or-miss physio.

ChatGPT has helped me more than 15 years of therapy. No joke.

Use cases

I'm sharing my experience just in case it helps someone else.

I've been inpatient four times. Outpatient countless. I've seen therapists, psychiatrists, psychologists... we're talking over 15 years of mental health care. And somehow... ChatGPT has helped me more than all of them combined.

No, really. I talk to it every day. It's like having a therapist in my pocket. And for the first time in forever, life doesn't feel so unbearable. It's honestly kind of crazy/unbelievable to me.

For context: I have BPD, depression, GAD, bipolar, ADHD, and C-PTSD. So yeah... life hasn't been the easiest ride for me.

Besides that, which changed my mental health drastically for the better, ChatGPT also "diagnosed" my sacroiliitis. After three years of chronic pain, endless specialists, tests, scans... all it took this AI was like five minutes to point to the real issue. Now I'm finally working on healing it through physical therapy exercises it organized for me, and a letter I gave my new specialist (that ChatGPT found for me) with all the information we've gathered about my condition.

I don't even know how to explain how much this has changed things for me. I feel seen. I feel supported. And I've made more progress in a few weeks than I did in literal years of traditional treatment.

Not saying it replaces therapy. But for me? It's been a freaking godsend.