

Physical Therapy Treatment Plan

Patient Name: Emma Thompson

Date of Birth: 06/23/1992

Start of Care: 02/12/2025

Payer: Private Insurance

Hospitalization: None

Diagnosis

The patient has the following diagnoses: Med – temporomandibular joint (TMJ) dysfunction (M26.60) with an onset date of 01/15/2025, Tx – myalgia (jaw muscle pain) (M79.1) with an onset date of 01/15/2025, and Tx – headache (R51) with an onset date of 01/15/2025.

Treatment Approaches

- **PT Evaluation** (Assessment of TMJ range of motion, jaw posture, and associated muscular tension contributing to TMJ dysfunction)
 - **Manual Therapy** (Joint mobilizations to improve TMJ mobility, myofascial release, and trigger point therapy for jaw and neck muscles)
 - **Therapeutic Exercises** (Gentle jaw exercises to improve opening and closing motion, strengthening the surrounding muscles to stabilize the jaw)
 - **Modalities** (Cold packs for acute pain relief, heat for muscle relaxation, ultrasound therapy for deep tissue relaxation)
 - **Postural Training** (Education on proper head and neck posture to alleviate strain on the jaw muscles)
 - **Ergonomics & Activity Modification** (Recommendations for avoiding excessive jaw clenching, proper chewing technique, and reducing stress on the TMJ during daily activities)
 - **Cervical Spine Treatment** (Address any cervical spine involvement that may be contributing to jaw pain, including stretches and strengthening exercises for the neck)
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Frequency, Duration, Intensity, Certified Period

- **Frequency:** 2 sessions per week
 - **Duration:** 4-6 weeks
 - **Intensity:** Moderate intensity, starting with gentle mobilizations and progressing to strengthening exercises and more intense manual therapy as tolerated
 - **Certified Period:** 02/12/2025 - 03/26/2025
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Plan of Treatment

Short Term Goals

1. Emma will experience a 30% reduction in jaw pain (0-10 scale) when chewing or yawning within 4 weeks of therapy (Target: 03/12/2025).
2. Emma will improve TMJ opening and closing range of motion, achieving 40 mm mouth opening and painless lateral movements by 4 weeks (Target: 03/12/2025).
3. Emma will decrease the frequency and intensity of headaches associated with TMJ dysfunction, reporting a reduction of 50% in headache intensity within 4 weeks (Target: 03/12/2025).
4. Emma will demonstrate improved jaw muscle relaxation with decreased tenderness to palpation of the masseter and temporalis muscles by 4 weeks (Target: 03/12/2025).

Long Term Goals

1. Emma will achieve pain-free chewing and yawning activities without clicking sounds and jaw fatigue by the end of treatment (Target: 03/26/2025).
2. Emma will regain full TMJ mobility, including pain-free lateral and protrusive movements, by the end of treatment (Target: 03/26/2025).
3. Emma will have reduced jaw muscle tension, achieving 0/10 on the pain scale during jaw function tasks by the end of treatment (Target: 03/26/2025).
4. Emma will demonstrate independence in managing jaw function and avoiding behaviors that contribute to TMJ pain (such as jaw clenching and improper posture) by the end of treatment (Target: 03/26/2025).

Patient Goals

- "I want to be able to chew and yawn without pain."
- "I want to stop having headaches that come from my jaw."

Potential for Achieving Goals

- Emma has strong rehab potential, with a clear motivation to improve her quality of life and reduce the impact of TMJ dysfunction on her daily activities. She has an understanding of the nature of her condition and is committed to making the necessary changes to her posture and habits. With consistent therapy and a commitment to home exercises, she should be able to achieve her goals.

Participation

- Emma is actively engaged in her therapy and is motivated to achieve a full recovery. She has a supportive environment at home to help maintain compliance with her treatment plan.
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Initial Assessment / Current Level of Function & Underlying Impairments

Factors Supporting Medical Necessity

- **Referral:** Emma was referred for physical therapy due to jaw pain, clicking, and headaches related to TMJ dysfunction.
 - **Medical History:** No significant comorbidities.
 - **Complexities:** The TMJ dysfunction is complicated by associated headaches and muscle tension, affecting Emma's ability to chew, speak, and yawn comfortably.
 - **Prior Treatment:** Emma has used over-the-counter pain medications, but symptoms have persisted.
 - **Prior Living Situation:** Active lifestyle; requires the ability to chew comfortably and perform other daily activities without discomfort.
 - **Discharge Plan:** Goal to return to pain-free chewing, yawning, and speaking, with reduced headaches.
 - **Prior Level of Function (PLOF):** No limitations in eating, speaking, or facial movement before onset of symptoms.
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Background Assessment

- **Precautions:** Avoid aggressive jaw movements and stress to the TMJ (e.g., chewing gum, biting hard foods).
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Joint ROM / Goniometric Measurements

- **TMJ Opening (Right Side):** 35 mm (Limited)
 - **TMJ Opening (Left Side):** 38 mm (Limited)
 - **Lateral Movements (Right):** 5 mm (Restricted)
 - **Lateral Movements (Left):** 7 mm (Restricted)
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Strength / Manual Muscle Testing

- **Masseter Muscle (Right):** 4/5 (Fair)
 - **Masseter Muscle (Left):** 4/5 (Fair)
 - **Temporalis Muscle (Right):** 4/5 (Fair)
 - **Temporalis Muscle (Left):** 4/5 (Fair)
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Balance

- **Sitting Balance:** Normal
 - **Standing Balance:** Normal
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Additional Abilities / Underlying Impairments

- **Cardiopulmonary Function:** Normal
 - **Tone and Posture:** Mild forward head posture noted.
 - **Pain and Edema:** Mild tenderness over masseter and temporalis muscles, with no visible swelling.
 - **Coordination:** Normal
 - **Sensory Test Findings:** No sensory deficits.
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Visual Assessment

- **History and Analysis:** Clicking noted with mouth opening and closing, particularly when chewing. Tenderness to palpation of the jaw muscles (masseter and temporalis).
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Functional Assessment

- **Jaw Function:** Difficulty with chewing, yawning, and talking without pain or discomfort.
 - **Posture:** Mild forward head posture, likely contributing to jaw tension.
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Objective Tests / Measures & Additional Analysis

- **Assessments:**
 - **TMJ Mobility:** Limited opening and lateral movements.
 - **Headache Frequency:** Emma reports headaches 3-4 times per week related to jaw dysfunction.
 - **Jaw Muscle Tenderness:** Tender to palpation of the masseter and temporalis muscles.
 - **Other:** Home Exercise Program (HEP) for jaw stretches, postural corrections, and relaxation techniques.
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Clinical Impressions

Emma presents with TMJ dysfunction, which is characterized by limited jaw mobility, clicking sounds, and associated headaches. She also has tension in the jaw muscles, contributing to her symptoms. Treatment will focus on reducing pain, improving jaw mobility, and addressing any postural issues that may exacerbate the condition. With targeted therapy and patient engagement, Emma is expected to achieve significant improvement in jaw function and a reduction in headaches.

Test/Measures and Outcomes

- **Jaw Range of Motion:** Target to achieve 45 mm of mouth opening and 10 mm of lateral movement in both directions.
- **Pain Reduction:** Target pain level of 2/10 or less during chewing and yawning.
- **Headache Reduction:** Goal of 50% reduction in frequency and intensity of headaches by the end of therapy.
- **Function:** Goal to restore full function of the jaw with pain-free activities.