



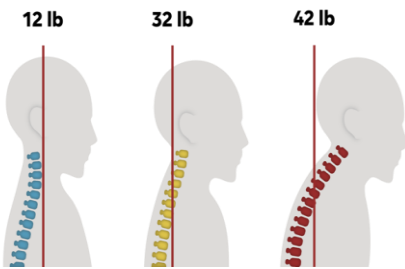
# CERVICAL / TMJ DYSFUNCTION

## Empowering you to Optimize your Health and Quality of Life!

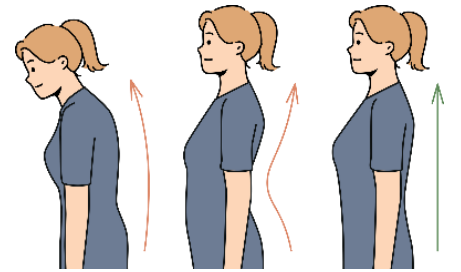
Optimizing your Health and Quality of Life is a journey that starts with understanding your Unique Needs and making informed choices that Align with your Lifestyle and Goals.

Our Assessment takes a FULL BODY approach to addressing your issues taking into account your Movement, Medical History, Trauma (surgical/physical/mental), Habits, and Lifestyle.

Remember, Small, Consistent changes often lead to the most Impactful Results.



**Giving you the Knowledge  
To FIX yourself**



## Contributors

### Nervous System

(Calm the mind /  
Reconnect to the body)

- Trauma; High-stress; Go-Go-Go personality
- Jaw Clenching / Grinding
- Poor Sleep Quality / Quantity
- Poor Breathing Mechanism - affects Oxygenation / Body's tone
- Poor Body Awareness (Auto-pilot / Shut-off) - affects Posture / Positions (ie. Fetal position "Flexed")

### Posture

(Head & Shoulders back)

- During Everyday Activities / House Setup
- Work Ergonomics
- Sleeping Positions - Fetal position; CPAP; Ergonomic pillow
- Eating Posture
- Exercise Posture/Form

# Contributors

## Motor Control

(Re-coding the body)

- Daily Habits (ie. Sitting/standing/walking; Neck Extension/Rotation, etc.)
  - Work Ergonomics
  - Sports
  - Hyperfocus
- Previous Scars / Surgeries / Teeth Removal/ Injuries - Body Compensations
- Health Issues- Eyes (Bifocals, Vision issues); Breathing (Nose, Asthma, etc.)

## Breathing

(Longer Exhalation)

- Trauma; High-stress; Go-Go-Go personality
- Previous Scars/Surgeries/Injuries/Posture
- Health Issues affecting Breathing (Sinus, Allergies, Asthma, Poor Mental Health)
- Pelvic Floor Issues

\*\*\*All of the above cause **DECREASED** diaphragm breathing & **INCREASED** apical & accessory muscle activation (many that attach on the Neck & Jaw)

# TREATMENTS

- **Manual Therapy** - Soft/Deep tissue release; Mobilizations; etc.
- **Education** - Posture; Sleeping positions; Ergonomics; Self-release; De-sensitizing nervous system; practical tips to better help manage your pain/condition
- **Exercises** - Proper Breathing technique; Stretches/releases; Strengthening with proper activation of deep muscles and proper form; etc.
- **Modalities** - Cupping (Dynamic/Static); Acupuncture, Light Therapy (RED/NIL); Taping; Electrical; etc.

# BOOK YOUR PHYSIO FIX TODAY

Maria Kristina Antonious, Registered Physiotherapist

Kanata

*Lifemark March Rd: 836 March Rd, Marchroad@lifemark.ca, 613-599-9797.*

Barrhaven

*Physio Fix & Wellness 359 Sweet Grass Circle, Physiofix.wellness@gmail.com, 613-986-5795.*

Hunt Club

*Physio Fix & Wellness 17 Dossetter Way, Physiofix.wellness@gmail.com, 613-986-5795.*



BOOK YOUR APPOINTMENT: [HTTPS://PHYSIOFIXWELLNESS.JANEAPP.COM/](https://physiofixwellness.janeapp.com/)

IF YOU EXPERIENCE ANY ISSUES BOOKING, PLEASE CONTACT THE LOCATION DIRECTLY.

Scan to book your appointment