



# Donald Q. Dillon RMT

## Transform Pain and Stuck-ness; Liberate Movement and Expression

Remedial exercises, resources  
DonDillon\_MassageTherapist

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### Professional Fees Up \$5

Professional fees increase by \$5 April 1st—the first increase since January 2018. These fees are in line with the Registered Massage Therapist Association of Ontario (RMTAO). Please see other side of this page for full description of professional services and fees.

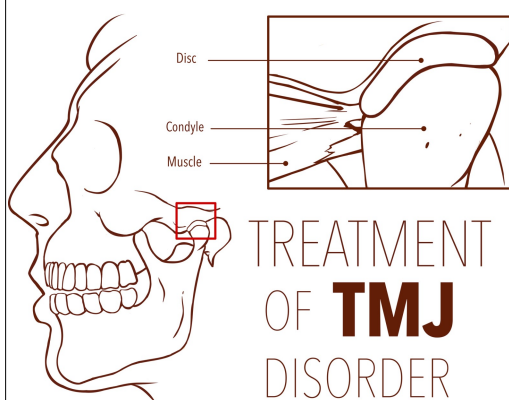
"Illness is a clumsy attempt to arrive at health. We must come to nature's aid with intellect."

- Friedrich Nietzsche

### I Can Help!

- Rx TMJ (jaw) dysfunction
- Rx Headaches & Tension Neck
- Rx Back Strain & pain
- Rx Occupational strain
- Rx Re-embodiment / Relaxation
- Rx Knee & elbow injuries
- Rx Osteo-Arthritis stiffness
- Rx Sinus congestion
- Rx Carpal Tunnel Syndrome
- Rx Wrist & ankle strains
- Rx Sport injuries / performance
- Rx Shoulder & hip pain
- Rx Physical symptoms of stress

**31+ Years in Practice**



## TREATMENT OF TMJ DISORDER

The Temporomandibular joint (TMJ) is a paired complex hinge joint that allows you to open and close your mouth when speaking and chewing. It's estimated TMJ dysfunction (TMJD) – is present in 15% of adults, 7% of adolescents.

<https://rmtao.com/resources/rmtao-blog/massage-therapy-for-temporomandibular-disorders-2>

TMJD presents as: jaw, tooth or temple pain, audible clicking, headaches, altered chewing, and even neck pain. If you hear a cracking or grinding sound on opening/closing your mouth, the TMJ are implicated.

Causes of TMJD: head or neck trauma, malocclusion (upper and lower teeth misalign), postural / occupational or strain, and jaw clenching from emotional distress.

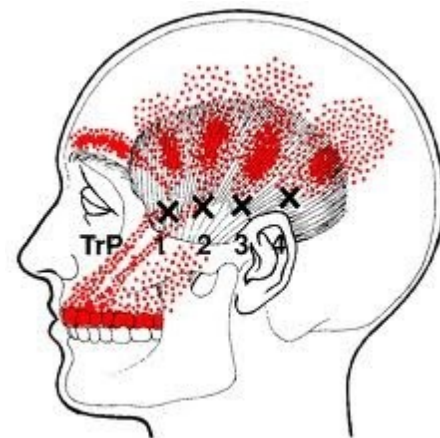
The mandible (jaw bone) is controlled by a variety of muscles. These muscles coordinate with small slider discs to facilitate the glide-then-open function. Jaw muscles under prolonged strain may refer pain to the temple region, ear, and teeth mimicking headache, ear congestion and tooth pain.

TMJD can be serious for some, causing frequent, persistent head and jaw pain, alteration of eating and speaking function, and habitual clenching.

To address TMJD I administer specific techniques to the head, neck, throat and jaw, followed by work internally to the jaw and muscles of chewing (with medical gloves, like the dentist uses).

I then prescribe simple exercises to re-educate the proper movement of

the jaw and recruitment of the muscles.



My colleague, Jules Poulin, RMT has produced short helpful videos on TMJ stretches and self-massage <https://www.youtube.com/@fromtheneckup8272/videos>

Relief of pain and jaw mobility progress quickly if the dysfunction is removed and the exercises are followed. Ask me about this minimally-invasive way to address TMJD.

**Remedial Massage Therapy**—Skillful, direct massage technique administered to resolve physical impairment, relieve pain, restore mobility and optimal function. Intended for spasms, strains and sprains, recreational or occupational injuries, physical degenerative conditions.

\$105\* Comprehensive (60 minutes)  
\$130\* Extended (75 minutes)  
- Intensive \$80\* (45 minutes) and Express \$55\* (30 minutes) may be recommended, based on the practitioner's assessment.

**De-Stress**—Employing massage and relaxation techniques, this treatment melts muscle tension, soothes frazzled nerves and quiets the mind. Designed to re-embody, dissolve the physical effects of trauma, and nurture you towards well-being.

\$105\* Comprehensive (60 minutes)  
\$80\* Intensive (45 minutes)

**Sports Therapy**—Injury-specific treatment for the competitive athlete (of any age) or weekend warrior. Restore suppleness and responsiveness, ward off injury, improve performance and reduce recovery time. Don't be side-lined by injury...Get Back in the Game!

\$80\* Intensive (45 minutes)  
\$55\* Express (30 minutes)

\*fees include 13% HST.



**TMJ Dysfunction (TMJD) and Tension Neck**  
TMJD presents as jaw, tooth or temple pain, audible clicking, headaches, altered chewing and jaw opening. TMJD may contribute to neck pain. In this comprehensive treatment of the head, neck, throat, face and jaw, you will realize

unaddressed areas of tension. To ensure best results, treatment is coupled with specific remedial exercises and stretches.

\$130\* Technical (45 minutes)

**Have Table Will Travel**—I come to you! I bring all necessary equipment to your home, so after your massage therapy session, you can retire to your own couch. Ideal for people tight on time, convalescing at home, or seeking the convenience of not commuting for care.

\$155\* Out-Call (60 minutes plus set-up/take-down) – within St. Catharines (call for rates outside)

**Workplace Wellness** – Embraced by companies like American Express, IBM, Google and Apple, mobile massage contributes to employee alertness and productivity, while reducing strain. Using a comfortable, upright massage chair, no clothing removed and no lubricants used. Minimum 6 employees/ 2 hours.

\$310\* Mobile (120 minutes) – within St. Catharines

The arrangement of the body is so well proportioned, the symmetry of its parts so beautiful that it can be doubted whether at its creation utility was more of a determining factor than beauty.

- Aurelius Augustinus 354-430 AD

