

When Experience Matters!



Paul Tembrock, PT, is a 1974 graduate of St. John's University and graduated in 1976 from the University of Health Sciences/Chicago Medical School. Paul has been evaluating and treating patients with TMD for over 20 years.



Kathy Strandberg, PT, earned her Bachelor's Degree from St. Cloud State University and graduated from the Mayo School of Health Related Sciences in 1988. She has specialized in the management of TMD for over 13 years.



Lisa Neuman, MPT, earned her B.S. in Health Sciences and her Masters Degree in Physical Therapy in 1999 from the College of St. Scholastica and has been treating patients with TMD since.



Dawn Michaud, MPT, earned her Master's Degree in Physical Therapy at the College of St. Catherine's and has been treating patients with TMD since 1999.



Northwest & Business Office Location:

251 County Rd 120 Suite A St. Cloud, MN 56303
(320) 259-5429 Fax (320) 240-8905
1-800-479-0492

South Location:

1301 33rd St South, Suite 210 St. Cloud, MN 56301
(320) 240-6955 Fax (320) 240-8089

Spine Center:

166 19th Street South Suite 202 Sartell, MN 56377
(320) 257-BACK (2225) Fax (320) 257-2226

Balance Solutions Location:

2395 Troop Drive, Suite 102 Sartell, MN 56377
(320) 258-3313

Treating TMD

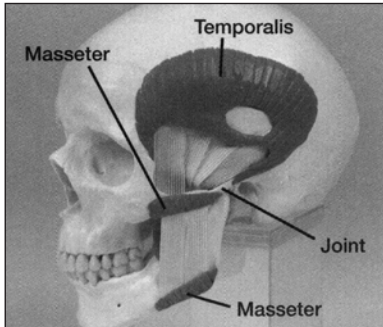


Questions & Answers

What is TMD?

Temporomandibular Dysfunction. A term used to describe a disorder of the TMJ's (temporomandibular or jaw joints) and/or the muscles that control these joints.

It is a collection of symptoms that occur when the jaw joints and/or surrounding muscles are not working properly.



Symptoms may include:

- Jaw Clicking or popping
- Jaw locking or limited motion
- Jaw pain or stiffness
- Facial pain
- Earache
- Ringing in the ears
- Tooth/dental pain
- Headaches, neck or shoulder pain.

Will My Insurance Cover Treatment?

Most medical health insurance plans cover treatment for TMD, and we participate in most insurance plans. Please call if you have any insurance questions.

What is Northern Star TMD Clinic?

A private practice physical therapy clinic specializing in evaluating and treating temporomandibular joint



dysfunctions and related conditions. Four physical therapists with over 30 years combined experience work closely with area dentists, oral surgeons, physicians and behavioral

psychologists in order to provide a comprehensive approach to treatment.

What Can Northern Star Therapy Do?

- A complete evaluation of joint and soft tissue involvement followed by patient education regarding their specific condition.
- Develop an individualized treatment plan which is reviewed with each patient.
- Educate patient regarding contributing factors and necessary habit modifications, as well as self care instructions, that will promote healing and long term management.
- Instruct patients in individualized exercises.
- Iontophoresis or phonophoresis for inflammation (both are means of transferring topical anti-inflammatories into the TMJ's or surrounding muscles/soft tissue).
- Joint or soft tissue mobilization, ultrasound or electrical stimulation for reducing muscle spasm or soft tissue tightness and improving range of motion.
- Relaxation training and biofeedback.



- When it is determined necessary, we refer patients to their dentist or a dental TMJ specialist, for splints or further evaluation, as well as to behavioral psychologist, when depression, anxiety, stress management or other psychological issues are factors.
- We also refer to oral surgeons when indicated by exam findings, or when a patient fails to respond to all appropriate conservative measures.
- We communicate with all referral sources regarding our assessments, treatment plan and patient progress.
- Ultimately, our goal is to improve the quality of life for those who suffer from temporomandibular dysfunction.