

# TMJ Treatment Package







# Initial consultation,

## what to expect

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Our initial consultation is usually 2 hours , to ensure we have covered your full medical history, completed a walking assessment and established the basis of your individual treatment. We ask a lot of questions and take a lot of notes so we can ensure we are giving you the best treatment for your symptoms.



# **The Second and subsequent treatments will be 90min long.**

We will have established a treatment plan to take us forward and each session we can tweak to ensure you are receiving the best results from the treatment.



# **We do have a video course to assist you in between appointments**



As a qualified TMJSOS therapist, it is recommended that you still see a theapist regularly in order to adjust the treatment and select which new homework video you can work on in between treatments. I'm there to keep you improving and establishing a solid improvement with your condition.

