

Blum CL, Gerardo RC. Cervical traction, TMJ disorders, chiropractic and dental co-treatment: A case report. 3rd Annual Sacro Occipital Technique Research Conference Proceedings: Nashville, TN. 2011:48-53.

**Introduction** : The patient presented as a 66-year-old female with significant pain and stiffness in her neck and crepitus when using her jaw. Her dentist referred her to this office for cranial and sacro occipital technique (SOT) treatment for conditions interrelated to her TMJ disorders. She could not tolerate cervical manipulation.

**Methods/Intervention** : Evaluation of patient's cervical range of motion was found to be reduced by 30 % of normal and radiographic analysis revealed moderate degenerative joint disease in the lower cervical spine from C4-C6. Treatment consisted of cervical traction utilizing the Pronex Cervical (non-mandibular) Traction, SOT procedures; particularly cervical stairstep corrections and cranial therapeutic techniques for the TMJ.

**Results** : Following treatment the patient had a marked increase in cervical range of motion (normal levels) and a 90% decrease in pain and tension on palpation. The ability to treat the cervical spine also appeared to aid the treatment for TMJ related tension and pain.

**Conclusion** : The purpose of this case was to explore the efficacy of using cervical traction without pressure to the jaw to support chiropractic treatment as well as to facilitate a patient's ability to receive care for neck and jaw pain and stiffness.