



# TMJ & SLEEP THERAPY CENTRE

We Provide Patient Care for Craniofacial Pain (Headaches / TMJ) and Sleep-Related Breathing Disorders.

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## CRANIOFACIAL PAIN

**Craniofacial Pain** – pain disorders of the head (cranium), face (facial), TMJ and neck.

[NEUROPATHIC DISORDERS >>](#)

[PRIMARY HEADACHES >>](#)

[UNDIAGNOSED PAIN OF THE HEAD & NECK >>](#)



Although TMJ is the acronym (name used to identify) the temporomandibular joint, TMJ is also the term used to identify the conditions of pain and/or dysfunction of this joint. It is one of the most frequently identified conditions by patients. This is a very real condition caused by disturbances in the action of the jaw. Research has shown that many factors may lead to this disorder – it can occur by itself or be a part of a more complex problem. We understand the complexities of craniofacial pain that are unique to each patient. Some patients experience TMJ pain and dysfunctions, some experience primary headaches (known as migraines, tension, cluster) while others may have facial neuralgias, musculoskeletal pain or a combination of all.

### SYMPTOMS CAN INCLUDE:

- Primary Headaches - Migraine, Tension, Cluster
- Jaw Joint Pain, Facial Pain
- Pain When Chewing
- Neck Pain, Back Pain
- Jaw Joint Noises – Clicking, Popping, Gravel-like
- Limited Mouth Opening
- Catching or Locking of Jaw
- Ear Pain or Ringing in the Ears (Tinnitus)

## SLEEP-RELATED BREATHING DISORDERS

**Sleep-Related Breathing Disorders** –snoring, upper airway resistance, Obstructive Sleep Apnea (OSA)

**Obstructive Sleep Apnea (OSA)** is a form of repetitious suffocation occurring during sleep. A common reason for this medical condition is a poorly positioned jaw and/or tongue.

[AIRWAY OBSTRUCTION >>](#)

[SLEEP APNEA / SNORING >>](#)



TMJ & Sleep Therapy Centre also provides dental sleep medicine services. Dental sleep medicine is the management of medically diagnosed sleep-related breathing disorders (sleep apnea, snoring) using oral appliance therapy.

### SYMPTOMS CAN INCLUDE:

- Snoring / Frequent Nighttime Awakenings
- Teeth Grinding & Dental Changes
- Excessive Daytime Sleepiness
- Morning Headaches
- Heartburn & GERDs
- Depression

## OUR SERVICES

At TMJ & Sleep Therapy Centre, we understand these conditions are usually a symptom of a greater underlying problem. Successful treatment is based on identifying the underlying core problem. Proper diagnosis and emphasis on origin rather than symptoms alone is key to successful, long term treatment results. We have developed a proven process for the diagnosis and treatment of craniofacial pain (TMJ, headaches, facial pain) and treatment of sleep disorders (sleep apnea, snoring) without surgery.

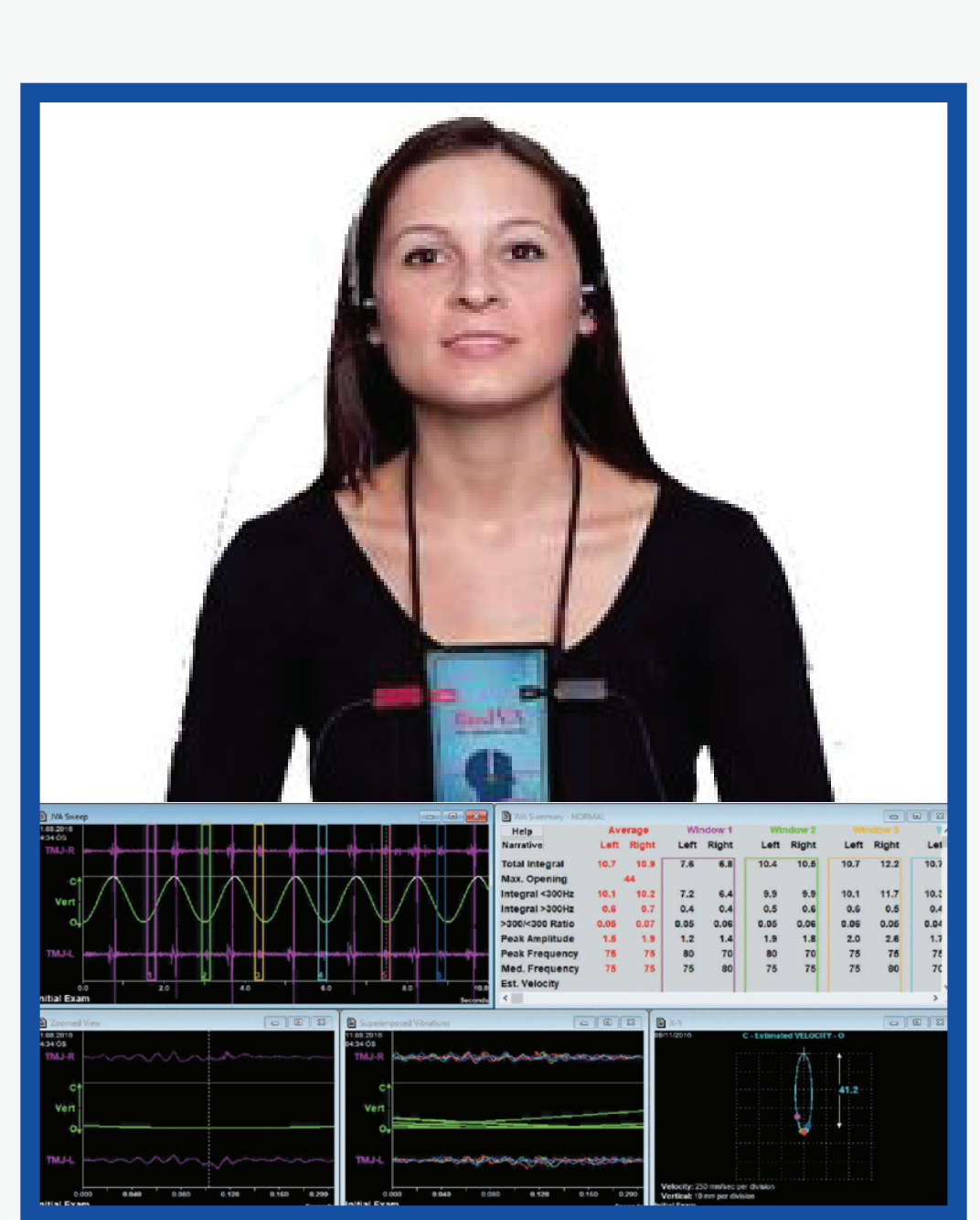
After proper diagnosis, a specific non-surgical treatment plan for rehabilitation is developed for the unique needs of each individual patient. Our goal is to improve the quality of life for all patients by using research-based treatment protocols and the latest in technology.

## CBCT IMAGING



Cone Beam CT imaging provides multiple views of the jaw joint, airway and surrounding structures for differential diagnosing. Unlike traditional 2D imaging, the iCAT imaging system is 3D. It can expand focus on selected areas and provide rotation to visualize from different angles.

## JOINT VIBRATION ANALYSIS



The JVA electronically records the sounds, or more accurately the vibrations, occurring in the jaw joint during normal function. This enables within normal limit comparison bilaterally. This also elevates our diagnostic capabilities. Utilizing vibration transducers called accelerometers, a characteristic wave pattern is created for the various types of internal joint vibrations (conditions). Whereas the human ear cannot hear many of the frequencies that occur in the TMJ's, the accelerometers record all frequencies with equal efficiency. Once a vibration has been recorded, then it can be compared to other types of vibrations. This may make it possible to categorize the various types of internal conditions, and then, to monitor the joint status throughout treatment.

A set of headphones is placed directly over the TMJ, and a patient is then asked to open and close their mouth as wide as they can. This will create a readout on a nearby monitor both our team and a patient can see in real time.

## MLS COLD LASER



Cold Laser Therapy reduces inflammation, decreases pain and increases cellular turnover to enhance healing. MLS Cold Laser utilizes the most advanced laser therapy system in patient care. Reduction of response times, and therefore overall treatment times, distinguishes MLS Laser.

This device offers an alternative to other pain relief methods such as medication and steroids, and we use it to help accelerate healing and reduce inflammation for our TMJ patients. The laser uses specific wavelengths of light to stimulate the cells in the affected area, aiding in their recovery. Treatment with this laser typically takes less than 10 minutes, is painless, and has no lasting side effects (other than relief!).

## WE ARE A CERTIFIED CENTRE OF TMJ & SLEEP THERAPY CENTRE INTERNATIONAL



Elmbrook Family Dental is proud to have TMJ & Sleep Therapy Centre of Milwaukee in their location. TMJ & Sleep Therapy Centre of Milwaukee is a certified centre of TMJ & Sleep Therapy Centre International. We are one of over 60 certified centres in 7 countries. UNITED STATES | CANADA | AUSTRALIA | UNITED KINGDOM | NEW ZEALAND | UNITED ARAB EMIRATES | BAHRAIN

All certified centres maintain the same high level of efficacy thanks to the standardized protocols created by our founder, Dr. Steven Olmos. To become one of the Centres of Excellence, doctors and support staff must undergo the education and training programs designed and provided by TMJ & Sleep Therapy Centre International. We take great pride in being selected as a member of this international community of like-minded healthcare professionals who are making a difference in the lives of thousands of patients across the globe.

Our entire team looks forward to serving your family. Call our Brookfield, WI dental office at 262-444-0232 today to schedule an appointment. We're open early mornings and evenings for your convenience. Located in Brookfield, our office also serves patients from Elm Grove, Milwaukee, Pewaukee, Waukesha, and New Berlin.

## MORE TO EXPLORE

- PREVENTIVE DENTISTRY
- RESTORATIVE DENTISTRY
- DENTAL IMPLANTS
- COSMETIC DENTISTRY
- PERIODONTAL THERAPY
- ADVANCED TECHNOLOGY & COMFORTS
- EMERGENCY DENTISTRY
- VIEW OUR SERVICES

**Elmbrook Family Dental**  
125 N Executive Dr #105, Brookfield, WI 53005  
4.9 ★★★★★ 383 reviews  
[View larger map](#)

### HAVE QUESTIONS? GET ANSWERS.

Name

Phone Number

Email Address

How can we help you?

SUBMIT MY QUESTIONS

|  |   |                     |                 |         |                 |           |                 |          |                 |        |                 |  |                      |                  |                   |                      |                     |                 |                     |                        |                   |                 |                 |                     |                       |                    |                     |
|--|---|---------------------|-----------------|---------|-----------------|-----------|-----------------|----------|-----------------|--------|-----------------|--|----------------------|------------------|-------------------|----------------------|---------------------|-----------------|---------------------|------------------------|-------------------|-----------------|-----------------|---------------------|-----------------------|--------------------|---------------------|
| <h3>Contact Us</h3> <p>125 N Executive Dr #105<br/>Brookfield, WI 53005<br/><b>(262) 444-0232</b></p> <p style="text-align: center;"> </p> | <h3>Office Hours</h3> <table border="0" style="width: 100%;"> <tr><td>Monday</td><td>7:00am - 5:00pm</td></tr> <tr><td>Tuesday</td><td>7:00am - 7:00pm</td></tr> <tr><td>Wednesday</td><td>7:00am - 7:00pm</td></tr> <tr><td>Thursday</td><td>7:30am - 5:00pm</td></tr> <tr><td>Friday</td><td>7:00am - 3:00pm</td></tr> </table> | Monday              | 7:00am - 5:00pm | Tuesday | 7:00am - 7:00pm | Wednesday | 7:00am - 7:00pm | Thursday | 7:30am - 5:00pm | Friday | 7:00am - 3:00pm | <h3>Featured Services</h3> <table border="0" style="width: 100%;"> <tr> <td>Preventive Dentistry</td> <td>Crowns &amp; Bridges</td> <td>Porcelain Veneers</td> </tr> <tr> <td>Checkups &amp; Cleanings</td> <td>Dentures &amp; Partials</td> <td>Teeth Whitening</td> </tr> <tr> <td>Periodontal Therapy</td> <td>Tooth-Colored Fillings</td> <td>Metal-Free Crowns</td> </tr> <tr> <td>TMJ/TMD Therapy</td> <td>Dental Implants</td> <td>Advanced Technology</td> </tr> <tr> <td>Restorative Dentistry</td> <td>Cosmetic Dentistry</td> <td>Emergency Dentistry</td> </tr> </table> | Preventive Dentistry | Crowns & Bridges | Porcelain Veneers | Checkups & Cleanings | Dentures & Partials | Teeth Whitening | Periodontal Therapy | Tooth-Colored Fillings | Metal-Free Crowns | TMJ/TMD Therapy | Dental Implants | Advanced Technology | Restorative Dentistry | Cosmetic Dentistry | Emergency Dentistry |
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| Periodontal Therapy  | Tooth-Colored Fillings  | Metal-Free Crowns   |                 |         |                 |           |                 |          |                 |        |                 |  |                      |                  |                   |                      |                     |                 |                     |                        |                   |                 |                 |                     |                       |                    |                     |
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| Restorative Dentistry  | Cosmetic Dentistry  | Emergency Dentistry |                 |         |                 |           |                 |          |                 |        |                 |  |                      |                  |                   |                      |                     |                 |                     |                        |                   |                 |                 |                     |                       |                    |                     |