

# Ear Pain and Tinnitus

## IMPORTANT:

If you have ear pain or tinnitus you should request a full ear examination before considering physiotherapy.

If all the tests and examinations reveal that your ears are in good health and there is no obvious reason for your symptoms, it is possible they are arising from joint stiffness or muscle tension around the neck (*Cervical spine*) or jaw (*Temporomandibular joint*).



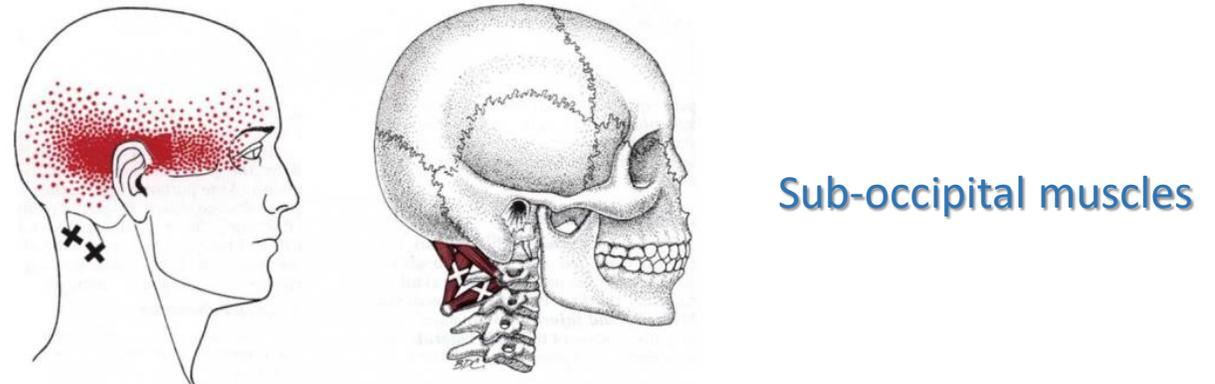
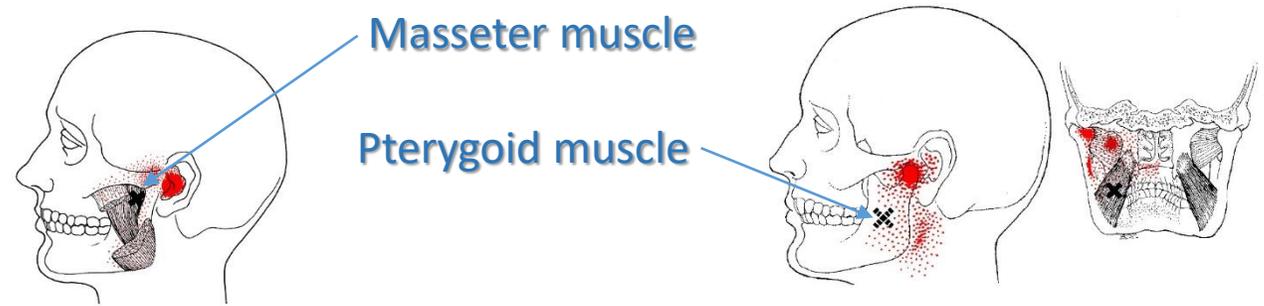
# Muscle Tension

Several neck and jaw muscles can refer pain to the ear. Tension in these muscles has also been proven to influence tinnitus.

The diagrams show pain referral patterns for a selection of the muscles that could be contributing to your symptoms.

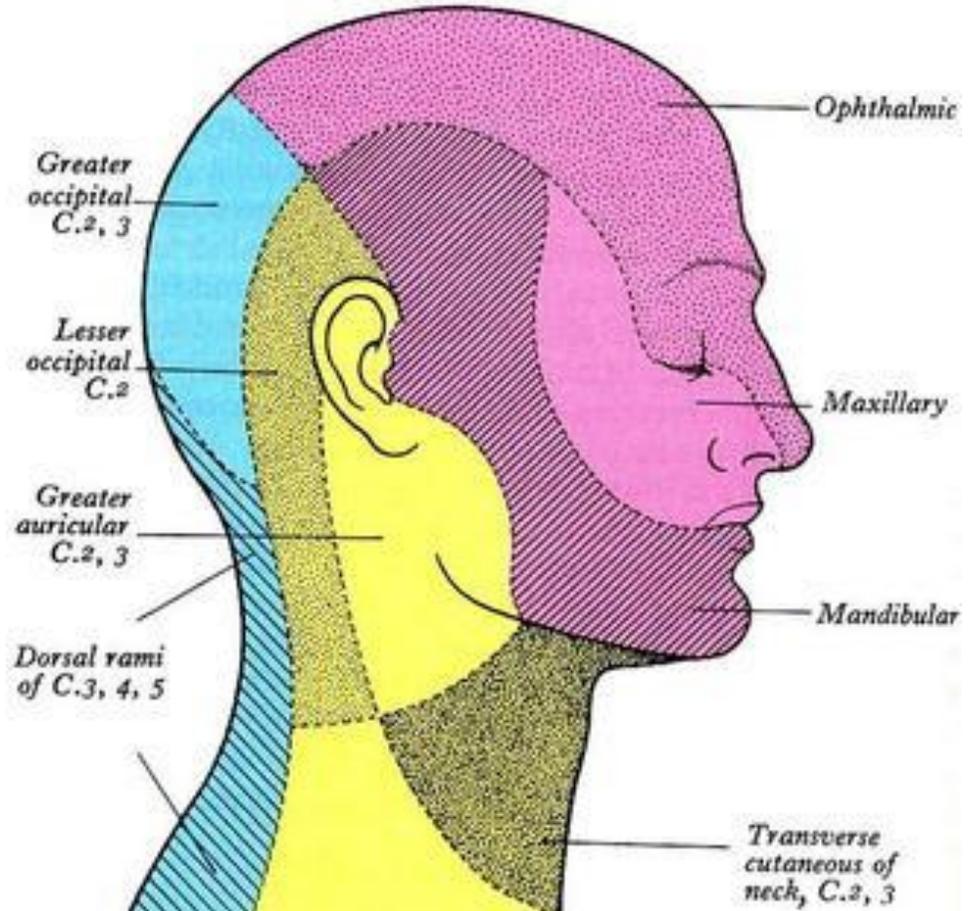
**Releasing trigger points in the relevant muscles can significantly reduce both pain and tinnitus sensation.**

I will assess for trigger points and muscle shortening for all muscles potentially contributing to your symptoms and offer a combination of manual therapy and home exercises to manage this.



# Cervical Spine

- ❑ Nerves emerging from between the 2nd and 3rd cervical vertebrae (C2 and C3) provide sensation around the ear, back of head and neck.
- ❑ Stiffness or dysfunction of these joints can affect transmission along these nerves, potentially causing **pain** in the areas shaded yellow and blue on this chart.
- ❑ By its neural connections to the ear, dysfunctional joint movements and pain can also lead to a type of **tinnitus** called 'cervicogenic somatosensory tinnitus', which, put simply, means tinnitus caused by sensory input from the cervical spine.
- ❑ Manual therapy, along with neck exercises to gain better movement, can help to loosen these joints and relieve symptoms.



**Temporomandibular Joint** – dysfunction of the temporomandibular joint (TMD) may also cause ear pain or tinnitus.

Download my file on TMD to see how physiotherapy can help with this. [Franz Huskisson, Mobile Acupuncture Physiotherapy 03.102018](#)