

Patient Success Story

Before coming to PDR, I suffered from frequent migraine headaches and started to develop frequent jaw pain. My dentist told me that I had TMJ and referred me to PDR. At PDR, I learned that due to years of poor posture, my neck was weak and my muscles were very tight resulting in my headaches and jaw pain. Also, I am a pharmacist, so I am constantly looking down and am almost always on my feet-both of which had only made my problems worse. The staff at PDR is great! All the therapists were motivating and I felt like they really cared about helping me get better. My jaw is feeling much better! I used to constantly worry that I was going to get a headache - not anymore! I am so thankful that my dentist referred me to PDR.

- Melisa D.

Visit our website at www.PDRclinics.com
for additional success stories.

Insurance

We have contracts with most medical plans,
including the following:

BlueCross/BlueShield Preferred One	HealthPartners Medica
America's PPO	Medicare
Patient Choice	UCare
MN Health Care Programs	Humana

PDR Clinics is a participating provider to most health insurances. Most auto insurance and workers compensation plans cover our services as well. For questions regarding billing and/or insurance, call (952) 908-2700.



To watch our "Welcome" video,
either scan our QR code or go to
www.PDRclinics.com
and visit our Video Library.

PDR Clinics Locations

Burnsville Clinic

172 Cobblestone Lane
Burnsville, MN 55337

Ph: (952) 908-2710 Fax: (952) 908-2711

Chanhassen Clinic

18912 Lake Drive East
Chanhassen, MN 55317

Ph: (952) 908-2730 Fax: (952) 908-2731

Coon Rapids Clinic

320 Coon Rapids Blvd. N.W., Suite 100
Coon Rapids, MN 55433

Ph: (952) 908-2580 Fax: (952) 908-2581

Edina (Southdale) Clinic

6700 France Avenue, Suite 230
Edina, MN 55435

Ph: (952) 908-2700 Fax: (952) 908-2701

Maplewood Clinic

1856 Beam Avenue, Suite 100
Maplewood, MN 55109

Ph: (651) 777-6507 Fax: (651) 777-6196

Please visit our website for direction details at
www.PDRclinics.com.

Clinic Hours:

Monday - Thursday 6:00 a.m. to 8:00 p.m.
Friday 6:00 a.m. - 5:30 p.m.



TMJ / Cervical Pain Program



www.PDRclinics.com

TMJ/Cervical Pain Program

Treatment Techniques

Conditions Treated

At Physicians' Diagnostics & Rehabilitation Clinics we use various modalities and treatment techniques to decrease the muscle spasms, pain and inflammation associated with TMJ disorders, as well as to promote soft tissue healing. Exercises help to restore normal range of motion of the jaw by decreasing muscle spasms, improving flexibility and increasing strength. Our specialized spinal rehabilitation program is aimed at improving head posture, neck strength and jaw alignment, which in turn helps to decrease muscular tightness. If an intra-oral appliance is recommended, we have a list of specialists we can refer to for fabrication, per your request.

The TMJ/Cervical Pain Program may be an excellent addition to a patient's current dental treatment plan. Through this team approach, more effective, long-term and/or permanent relief from TMJ disorders can be obtained.

MedX Equipment

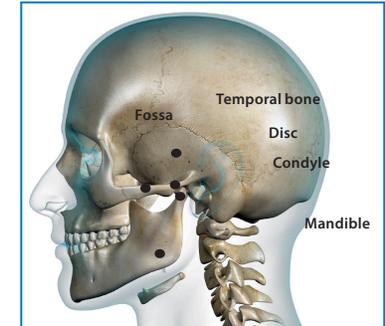
PDR Clinics utilizes MedX equipment which is specifically designed to isolate and strengthen the cervical spine which helps to increase function and reduce overall neck pain.

Our Team

All of our physicians and advanced practice therapists (physical and occupational) have undergone postgraduate training in specific manual therapy techniques used in the treatment of TMJ disorders.

In addition, certification in the use of our unique MedX equipment is a requirement of all PDR clinicians.

- MedX Cervical Rehabilitation
- Trigger Point Release
- Core Training and Stabilization
- Ergonomic Assessment and Correction
- Joint Mobilization
- Manual Traction
- McKenzie Techniques
- Modalities (Iontophoresis, Ultrasound, Electrical Stimulation, Hot/Cold Packs)
- Muscle Energy Techniques
- Muscular Re-Education and Strengthening
- Myofascial Release Techniques
- Active Release Techniques
- Strain-Counterstrain
- Postural Retraining
- Soft Tissue Massage
- Kinesiotaping



- ▷ Repetitive Stress Injuries
- ▷ Chronic Pain Syndromes
- ▷ Post-Surgical Rehabilitation
- ▷ Mid and Low Back Dysfunctions
- ▷ Tension and Migraine Headaches
- ▷ Neck Pain
- ▷ Jaw Pain
- ▷ Postural Syndrome
- ▷ Disc Disorders
- ▷ Muscular Disorders
- ▷ Post-Traumatic Injuries
- ▷ Nerve Compression Syndromes

Locations & Hours

PDR Clinics has five Twin Cities' locations and we are open evenings to help accommodate your schedule.

Whether you have questions about a service or if you would like to schedule an appointment, we are here to serve you.

99% of our patients say they would recommend our program!