

# Relieve TMJ Discomfort with Myofunctional Therapy: A Natural Approach to Jaw Health



**Lake Oswego, Oregon Jan 21, 2026 ([IssueWire.com](https://www.issuewire.com))** - Temporomandibular joint (TMJ) disorders affect millions of people, leading to jaw pain, headaches, difficulty chewing, and even speech issues. While traditional treatments often rely on medication, mouthguards, or even surgery, **Breatheworks**, a leader in [speech therapy](#) services and oro myofunctional therapy, offers a natural, non-invasive approach to managing TMJ discomfort.

## Understanding TMJ and Its Causes

Speaking, chewing, and yawning are all made possible by the TMJ, which is the hinge that joins your jawbone to your skull. Painful symptoms, including jaw clicking, facial strain, and trouble opening or closing the mouth, can be caused by this joint being misplaced or under too much stress. Because poor jaw function can affect respiratory and brain health, many persons with [TMJ dysfunction](#) also have symptoms of ADHD, sleep problems, and chronic exhaustion.

Poor mouth posture is one of the root causes of TMJ problems. Mouth breathing, improper tongue placement, and facial muscular strain can lead to discomfort and misalignment of the jaw. By addressing these dysfunctions, [myofunctional therapy](#)—a specific treatment that focuses on retraining the muscles of the face, mouth, and jaw—has been demonstrated to offer long-term relief.

## How Myofunctional Therapy Helps TMJ

At **Breatheworks**, our expert [speech language pathologists](#) near you create personalized treatment plans to address the root causes of TMJ pain. Targeted exercises are part of myofunctional therapy.

- **Improve tongue posture** – Maintaining a healthy jaw alignment is facilitated by proper tongue posture.

- **Reduce muscle tension** – TMJ tension can be reduced by relaxing and strengthening the facial muscles.
- **Enhance breathing patterns** – The jaw is less stressed when nasal breathing is encouraged rather than mouth breathing.
- **Support overall oral function** – Additionally, myofunctional therapy can enhance speech intelligibility, swallowing, and chewing.

By addressing these underlying factors, myofunctional therapy not only relieves TMJ discomfort but also supports overall oral and airway health, which can improve sleep quality and energy levels.

### Comprehensive Care at Breatheworks

In addition to speech therapy in Portland, Breatheworks specializes in treating a wide range of conditions, from tongue thrust and mouth breathing to speech difficulties and ADHD-related symptoms. Our team of dedicated [speech therapists](#) and myofunctional therapy specialists works closely with patients to develop customized treatment plans that fit their unique needs.

If you suffer from TMJ pain and are seeking a natural, effective solution, myofunctional therapy may be the answer. Contact **Breatheworks** today to schedule a consultation and start your journey toward lasting relief.

For more information, visit Breatheworks or call us to book an appointment with a trusted speech therapist near you.



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