



Arkansas Dental Health & TMJ Therapy Center

8801 West Markham, Ste. 2
Little Rock, AR 72205
501-225-1577 tmjarkansas.com

“Helping patients live life to the fullest.”

Giving renewed hope and freedom from the pain of TMJ Disorder.

Sarah Grimes Redfield, AR



My name is Sarah Grimes and I am fifteen years old. Approximately one year ago I awoke to find that my jaw was locked. I remember this experience because it was the first day of my 2007 Spring Break from school. This was supposed to be a week to go and have fun doing things I wanted to do with my friends. I had been having really bad headaches prior to this, for approximately six to seven months. My mother took me to our dentist who made an oral appliance for me to wear at night; I did not get the relief my parents thought I should.

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Our family had a friend that told us about Arkansas Dental Health and TMJ Therapy Center. My mother called and made me an appointment and was surprised when Dr. Beavers called her back. He told her she needed to bring me in so he could examine me and try to relieve some of my pain. We went to Little Rock that afternoon and I was given temporary splints to wear which stopped my pain.

Since I started my treatment at TMJ Therapy Center I have had no headaches, my jaw does not lock, pop or hurt and my neck muscles are not sore anymore. My life has changed for the better, I actually feel like a normal teenager and enjoy doing things I could not do before.