



Arkansas Dental Health & TMJ Therapy Center

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Ginni Grimes

“Completing paperwork for my daughter made me realize I had many TMJ symptoms of my own”

My own TMJ journey started as a series of unfortunate events that turned into a blessing. My daughter, Sarah, developed a locked jaw with severe pain. Our dentist tried therapy for three weeks that did not give Sarah any relief. A friend of mine mentioned that the dentist she works for sends all of his patients to a dentist in Little Rock who has a special interest in TMJ therapy. I opened the phone book and found Dr. Beavers ad and called and explained to the receptionist what was happening with Sarah. Dr. Beavers called me right back and told me to bring Sarah right in for an evaluation.

While filling out Sarah's paperwork I noticed a lot of the symptoms described my own problems. Headaches, jaw, neck and shoulder pains were among some of the symptoms that contributed to my diagnosis of lupus and fibromyalgia. I stored this in

the back of my mind in order to see that Sarah was first taken care of.

After about eight months my headaches became severe and I would wake up with a headache and go to bed with a headache. It was at this time I realized I had to seek help from Arkansas Dental Health and TMJ Therapy Center. I saw Dr. Beavers for an evaluation and was fitted with a splint. Within three to four days my headaches were gone, the pain in my jaws, neck and shoulders had started to lessen too.

Headaches are now minimal, I'm resting better and my energy levels are also improved. I feel like this therapy has GREATLY improved my life. I am quick to tell people if they are having these types of symptoms they might want to consider TMJ therapy. It has certainly helped Sarah and me.