



## Arkansas Dental Health & TMJ Therapy Center

8801 West Markham, Ste. 2  
Little Rock, AR 72205  
501-225-1577 [tmjarkansas.com](http://tmjarkansas.com)



*"Thankfully the Yellow Pages brought me to Arkansas  
Dental Health and TMJ Therapy Center"*

**Reba Rosipal  
Mena, Arkansas**

My TMJ symptoms began when I was a teenager and continued to worsen, as I grew older. When I visited my dentist and reported that my jaw was locking up, he suggested I make an appointment to see an orthodontist. The orthodontist wanted to put me in the hospital for one week, break both my jaws and wire them shut and then put braces on my teeth. As one can imagine, there were several reasons this did not sound appealing, the number one reason being I would be responsible for the cost. I had the idea to visit my healthcare provider, thinking he would diagnose me with TMJ disorder, which would make my insurance company responsible. After a visit to an otolaryngologist, a chiropractor and another dentist, I determined I was tired of being "shuttled around" and went to the telephone book to find a dentist with an interest in TMJ therapy. I was blessed to find Arkansas Dental Health and TMJ Therapy Center and called for an appointment.

At my first visit, I was given a free evaluation and told I had a collapsed bite. I also learned that I had a jaw that was out of alignment; it needed to be brought forward. In the beginning, I had to come in twice a week and wear the splint all day. I was measured, at each appointment, to see how wide I could open my mouth. I did suffer some soreness as the jaw was being brought forward but the discomfort was not nearly as bad as the pain of the TMJ disorder itself. I was so glad to be free of headaches, trigger pains in my back, backaches, neck pain, clicking of my jaws and spasms.

After the completion of Phase I, I started the second phase of treatment, which was wearing braces. There was some discomfort from the moving of your teeth into proper position but as time went by I noticed that the pain I had previously suffered no longer existed. I firmly believe in the treatments I have received from Arkansas Dental Health and TMJ Therapy Center. Dr. Beavers has always been fair and kind, even in his toughness of letting you know that you must do as he says if you want to get better. I still drive two and one half hours from Mena, Arkansas for continued treatment. Dr. Beavers is always concerned that you are still staying pain free. I highly recommend this treatment because I still remember what the oral surgeon told me. I thank God for taking that walk through the Yellow Pages and finding Dr. Beavers who said, "Yes, you can be helped."