



1 WHAT IS IT?

Somatosensory tinnitus is when changes in the muscles, joints or nerves of the jaw, neck or head can influence the sound you hear.

It often develops on a background of reduced hearing, which can lead the brain to turn up the volume (central amplification).



1 in 6 people experience tinnitus at some point in their lives.



Hearing loss is one of the most common foundations for tinnitus.



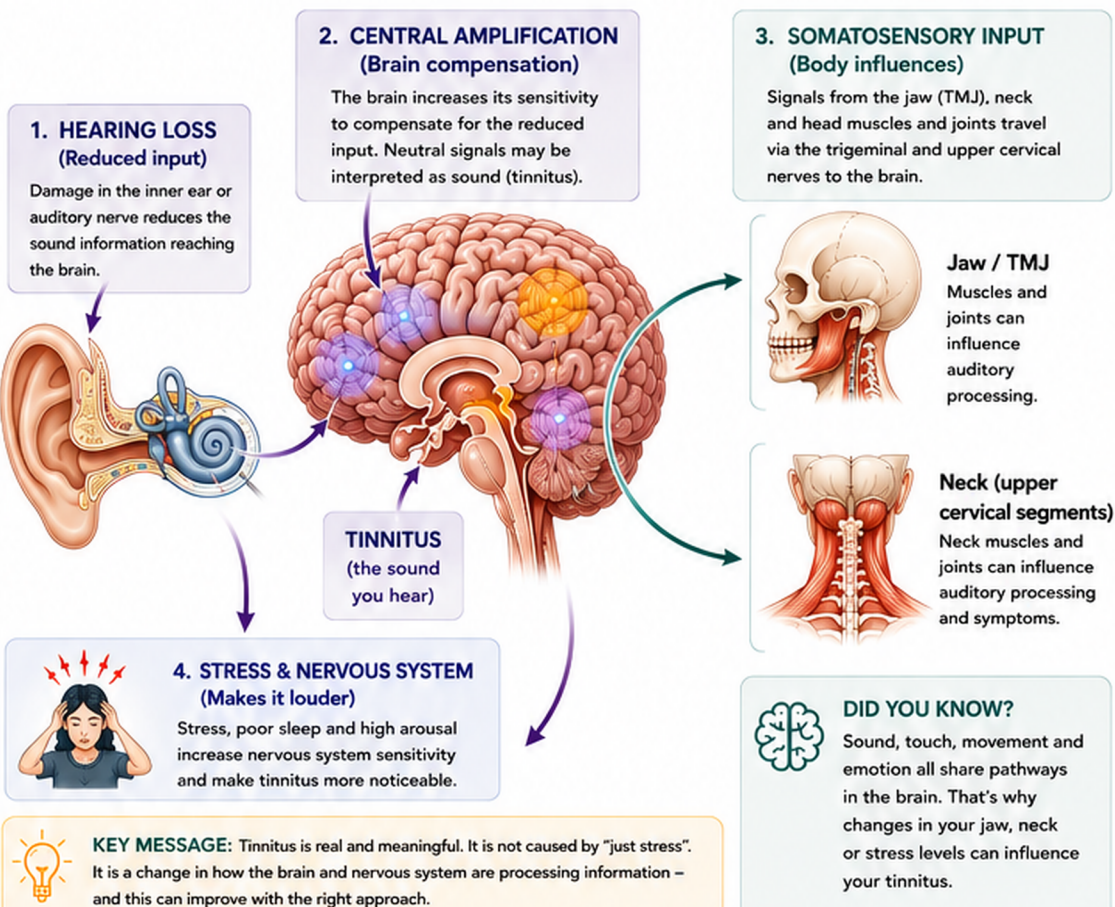
Up to **60%** of people with tinnitus have neck or jaw symptoms.



The good news: tinnitus is treatable. You are not alone.

2 WHAT'S HAPPENING?

The connection between your ear, brain and body



3 WHAT WILL YOUR PHYSIOTHERAPIST ASSESS?

A thorough assessment helps identify what is contributing to your tinnitus.

Your story

We discuss when your tinnitus started, what makes it better or worse and how it affects your life.



Hearing & ear health

We consider hearing loss, ear symptoms (such as fullness, noise sensitivity, vertigo) and other medical factors.



Jaw (TMJ)

We assess jaw movement, muscle function, clenching/grinding and joint irritability.



Neck & upper cervical spine

We check movement, muscle tension and nerve sensitivity in the neck.



Trigeminal nerve & sensitivity

We assess facial sensation and how your nervous system responds to touch and movement.



Posture & muscle function

We look at posture, shoulder and deep neck muscle control and endurance.



Stress, sleep & life factors

We explore stress levels, sleep quality, activity, work and other lifestyle factors.



Your assessment is individual. We look for the factors most relevant to you so your treatment is specific and effective.

4 WHAT CAN PHYSIOTHERAPY TREAT?

Treatment is tailored to YOU and what we find.

Treat jaw (TMJ) dysfunction

Hands-on therapy, exercises and advice to reduce muscle tension, improve jaw movement and calm the jaw.



Improve neck function

Manual therapy, exercises and posture strategies to reduce tension, improve movement and deep neck control.



Calm the nervous system

Techniques to reduce sensitivity, improve sleep, down-train threat responses and build resilience.



Retrain sensory processing

Graded exposure to sound and movement to help the brain filter irrelevant signals more normally.



Reduce stress & improve habits

Strategies for stress management, regular activity, hydration, nutritious eating and healthy daily routines.



Education & self-management

We empower you with knowledge, practical tools and a home program to help you take control.



OUR GOAL: To reduce the impact of tinnitus, improve your quality of life and help your nervous system find a new balance.

