NeuroPhysiotherapy Services

PhysioXtra

SOMATOSENSORY TINNITUS

Understanding your condition and how physiotherapy can help



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 hearing loss, 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 the most common underlying cause.

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

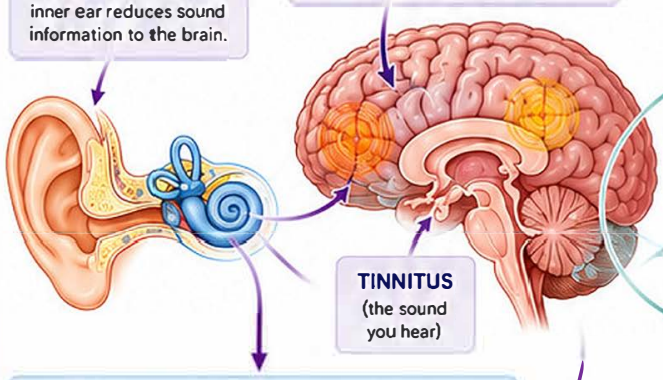
The good news: tinnitus is treatable. You are not alone.

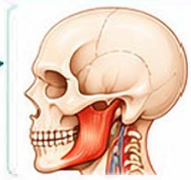
2 WHAT'S HAPPENING? *The connection between your ear, brain and body*

1. HEARING LOSS
A loss of input from the inner ear reduces sound information to the brain.

2. CENTRAL AMPLIFICATION
The brain increases its sensitivity to compensate for the reduced input. Neutral signals may be interpreted as sound (tinnitus).

3. SOMATOSENSORY INPUT
Signals from the jaw (TMJ), neck and head muscles and joints travel via the trigeminal and upper cervical nerves to the brain.





Jaw / TMJ



Neck (upper cervical segments)

TINNITUS (the sound you hear)

STRESS & NERVOUS SYSTEM
Stress, poor sleep and high arousal increase sensitivity and keep the nervous system in overdrive.

DID YOU KNOW?
Sound, touch, movement and emotions all share pathways in the brain. That's why changes in your jaw, neck or stress levels can influence your tinnitus.

KEY MESSAGE: Tinnitus is real and meaningful. It is not caused by "just stress". It is a change in how the brain and nervous system are processing information – and this can improve with the right approach.

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 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 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 movement and calm the jaw.

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

Calm the nervous system
Techniques to reduce sensitivity, improve sleep, down-train threat responses and increase resilience.

Retrain sensory processing
Graded exposure to sound and movement to help the brain filter and interpret signals more normally.

Reduce stress & improve habits
Strategies for stress management, regular activity, hydration, sleep 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.

"We guide the nervous system back to efficient movement and better function."

Individual care | Evidence-informed | Compassionate | Results-driven

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