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TMJ Self Analysis:

Take this quick and easy **TMJ survey*** to rate your TMJ problems:

*Fonseca's Questionnaire

1. Do you suffer from frequent headaches or migraines?
2. Do your teeth or crowns keep chipping or breaking?
3. Are your face and neck muscles constantly sore?
4. Does your jaw regularly make popping or clicking noises?
5. Do your ears ring (Tinnitus)?
6. Are your teeth sensitive when you bite down?
7. Do you sometimes have unexplained nausea or vertigo?
8. Has your jaw ever "frozen" in place, even for a few seconds?
9. Do your ears ever tingle or itch?
10. Do you grind or clench your teeth at night?

If you answered "Yes" to three or more of these questions, you probably should be examined for TMD.

		Question	Mark 'YES' Here
Patient Questionnaire Responses	1	Awakening Headache	
		Afternoon Headache	
	2	Jaw Muscle Soreness	
	3	Joint Soreness	
	4	Injury	
	5	Joint Click	
	6	Locking Joints	
	7	Sensitive/Sore Teeth	
	8	Splint or Nightguard	
	9	Medication(s)	
	10	TMJ Specialist	
Screening Exam Findings	A	Occlusal Instability	
	B	Jaw Opening-Right	
		Jaw Opening-Left	
		Jaw Opening-Protrusion	
	C	Muscle Palpation	
	D	Crepitus open slightly	
		Crepitus open wide	
		Click open slightly	
		Click open wide	
	E	Pain on Load Testing	

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Could This Happen To You?

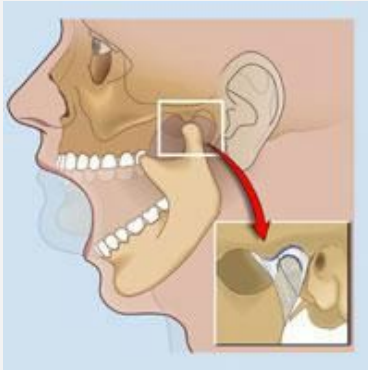
Temporomandibular Disorder (TMD) Screening for TMD



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What is TMD?

Temporomandibular Joint Disorder (TMD) is a medical condition that involves the muscles of mastication (chewing muscles), and the associated structures of the temporomandibular joints. Constant headache, facial pain, anxiety, and stress are commonly present, and can affect daily quality of life.



Classification/Diagnosis of TMD:

- Muscle disorder (myalgia, myofascial pain, arthralgia).
- Disc displacement (internal derangement of the TMJ, perforated disc).
- Arthritis (degenerative joint disease).
- Subluxation (displacement of the jaw).

Signs and Symptoms:

- Clicking and popping sounds of the TMJ.
- Pain or tenderness in jaw.
- Difficulty opening your jaw, or keeping it open.
- Deviation of the jaw upon opening.
- Pain and discomfort while chewing or talking for long durations.
- Facial pain.
- Soft tissues (ligaments, discs, and muscles) and/or, hard tissue (bone) can be affected by TMD.



Did you know?

- TMD is more common in women than men.
- An injury, such as whiplash or motor vehicle accidents, can trigger TMD.
- TMD is considered a medical condition. Most medical insurance covers treatments and radiographic imaging.
- Jaw can lock opened, or closed.



- Neuromuscular Dentists are specially trained to treat any Temporomandibular Joint Dysfunction.
- Patients with Osteoarthritis have a higher chance of developing TMD.



Role of the Dental Hygienist

The dental team needs to carefully evaluate patients that present with any signs and symptoms of TMD. A comprehensive review of the medical history, an extensive muscle palpation of the head and neck, as well as examinations for each of the following will be performed in an effort to eliminate any possibility of oral dental infections causing similar symptoms as TMD (neurological functions, auditory performance, speech, swallowing, pain, functional range of motion, occlusion, periodontal status, and parafunctional habits). Consideration of radiographic imaging such as, CT-scan and MRI, is sometimes necessary to evaluate the level of dysfunction. Consulting with other disciplines, in some cases, is also necessary. Any obvious dental needs must be carefully performed since long dental procedures may exacerbate the TMD.

Medical treatment for TMD includes:

- Dental splints
- Repositioning jaw appliances
- Botox injections
- Physical therapy
- Low-level laser therapy
- Prescription medications
- Surgery, in severe cases