

INTRODUCTION

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



http://www.tmjdentistvirginiaibeach.com/Assets/Images/Stop_the_Pain.jpg

Signs and Symptoms:

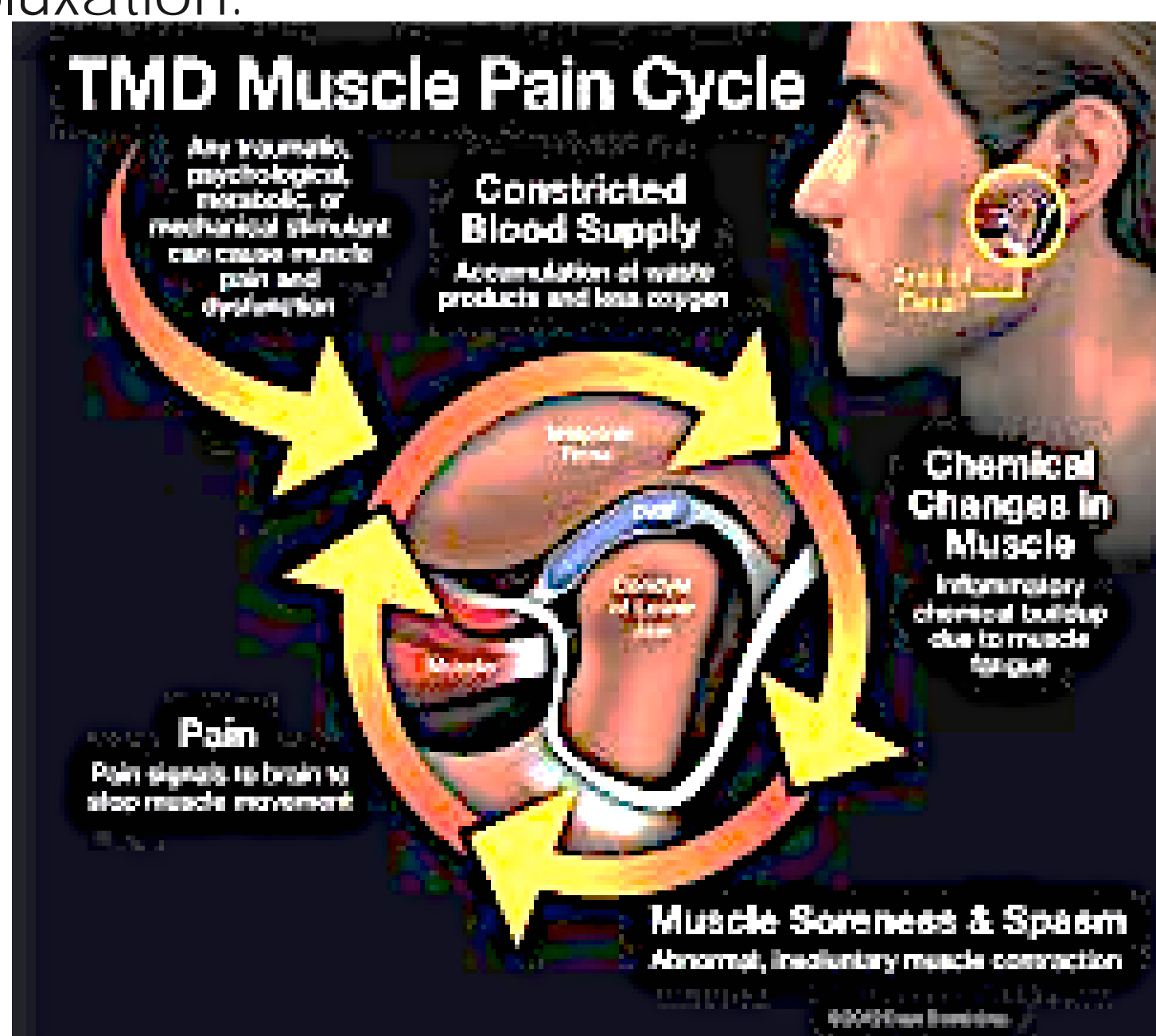
- Clicking and popping sounds of the TMJ.
- Pain or tenderness in jaw.
- Difficulty opening your jaw, or keeping it open.
- Deviation of the jaw upon opening.
- Pain and discomfort while chewing or talking for long durations.
- Facial pain.
- Soft tissues (ligaments, discs, and muscles) and/or, hard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



<http://mpateldds.com/craniofacial-tmd/>

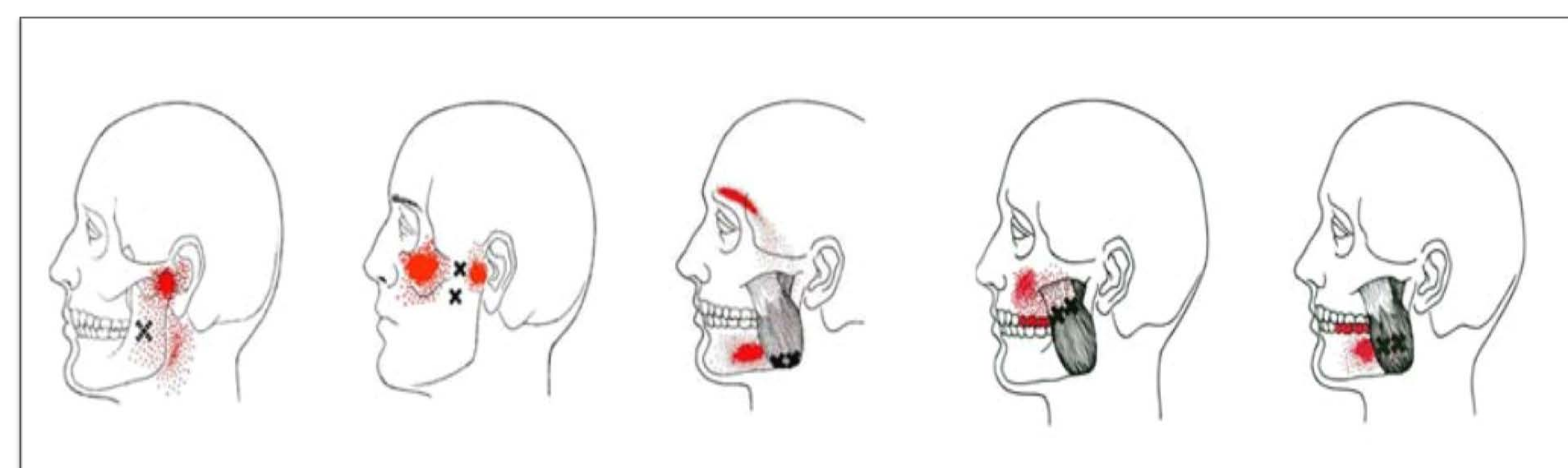
Classifications/Diagnosis of TMD:

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



<http://www.deardocor.com/articles/tmd/>

Myofascial Trigger Points on TMD Patients



<http://newbody-newmind.com/jaw-and-face-pain/causes-of-tmj/>

ROLE OF THE DENTAL TEAM

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.



<https://thenounproject.com/term/dentist/13504/>

Consultation 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

Immediate treatment:

- Nonsteroidal anti-inflammatory medication
- Jaw exercises
- Warm compress
- Soft diet

Long term treatment:

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

References:

Ahrari, Farzaneh, Azam Madani, S. Ghafouri, and Zahra Tuner. "The Efficacy of Low-level Laser Therapy for the Treatment of Myogenous Temporomandibular Joint Disorder." *Lasers in Medical Science* 29.2 (2014): 551-57. Web.

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Reiter, S., Goldsmith, C., Emodi-Perlman, A., Friedman-Rubin, P. & Winocur, E. (2012) "Masticatory muscles disorders diagnostic criteria: The American Academy of Orofacial Pain versus the research diagnostic criteria/temporomandibular disorders (RDC/TMD)." *Journal of Oral Rehabilitation*, 33(12), 941-947.