



TEMPOROMANDIBULAR JOINT DYSFUNCTION

COMMONLY USED TO:

- ◆ Decrease Inflammation
- ◆ Decrease Pain
- ◆ Reduce Spasms
- ◆ Muscle Re-Education
- ◆ Increase Blood Flow
- ◆ Reduce Swelling
- ◆ Muscle Relaxation
- ◆ Promote Healing

DIAGNOSIS FREQUENTLY IN NEED OF MODALITIES

- ◆ Peripheral Neuropathy
- ◆ Pre/Post Operative Conditions
- ◆ Orthopedic
- ◆ Rheumatology
- ◆ RSD/Pain Management
- ◆ Athlete Reconditioning

Temporomandibular joint dysfunction (TMD) is complex and the cause is varied, but rehab can make a difference. Comprised of two joints on either side, the temporomandibular joint or TMJ is the only synovial joint (an encapsulated joint with fluid inside) where the ball purposely comes out of the socket. This makes it more susceptible to dysfunction. Because of this, many people have TMD. It's estimated that one in twelve people have a serious enough jaw problem to be categorized as TMD.

TMD is characterized by:

- ◆ Popping or grating sensations during movement
- ◆ Restriction of normal jaw movements
- ◆ Inability to close the teeth together without pain
- ◆ Dislocation of the jaw or locking of the jaw
- ◆ Occasional hearing loss or pain in the ears
- ◆ Dizziness and ringing ears
- ◆ Severe or recurring headaches
- ◆ Pain of varying intensity

Common pain sites are on the side of the face, around the ear and temple, at the base of the skull, across the forehead and in the sinuses.

HOW THERAPY CAN HELP:

- ◆ **HOT PACK:** Provides temporary relief from pain associated with muscle spasm and by strain and sprains. Heat decreases muscle tension in the first 30 minutes.
- ◆ **ULTRASOUND:** Emits high frequency sound waves that promote deep heating of soft tissue which increase circulation to the area and makes the muscles more pliable.
- ◆ **MANUAL THERAPY:** Used to loosen the soft tissue restrictions to allow for smooth contract/relax of the muscular joint.
- ◆ **THERAPEUTIC EXERCISES:** Retrain proper muscular and joint motor control and function.
- ◆ **COLD PACK:** The use of continuous cold therapy is a common procedure for the management of postoperative and posttraumatic pain and edema. It slows down the speed of nerve impulses reducing the temperature of tissue beneath the skin.
- ◆ **IONTOPHORESIS:** Used in decreasing inflammation, Iontophoresis is used as a means of delivering drugs across the skin (process that uses bipolar electric fields to propel molecules across intact skin and into underlying tissue) for the management of a variety of medical conditions, most often, for localized inflammation and pain. Iontophoresis with dexamethasone phosphate (DEX-P), appears to be effective in treating inflammations in several areas of the body.