

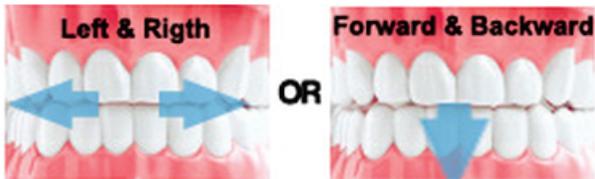
WHY DOES A TMD DEVELOP?

A TMD may develop for any number of reasons, including:

- Ⓜ Anxiety or stress causing clenched teeth (bruxism) and muscle spasms



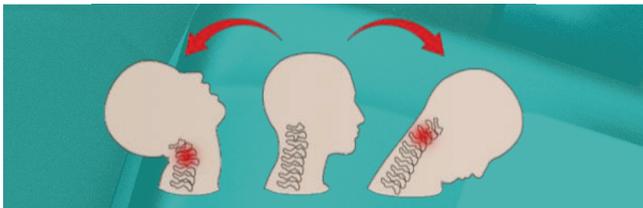
- Ⓜ Grinding (Bruxism)



- Ⓜ Clenching



- Ⓜ Teeth that do not fit together properly (malocclusion) skew teeth, or an overbite
- Ⓜ Degenerative Arthritis
- Ⓜ Various head or neck injuries (including whiplash)



SUGGESTED TREATMENT

Any of these conditions can result in a **jaw** being **misaligned or displaced**, which places stress on the nerves, blood vessels, muscles and connecting tissues of the temporomandibular joints.

When the condition is prolonged, your body may begin to **compensate by adapting an unnatural position** involving the muscles of the neck, back or even the arms and pelvis.

What treatment is indicated?:

We can indicate a few self-care techniques

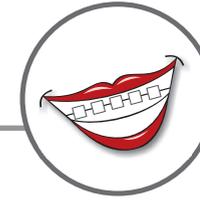
- Ⓜ Eat softer foods or avoid foods that cause symptoms
- Ⓜ Minimize extreme jaw movements, such as yawning, yelling or singing
- Ⓜ Avoid chewing gum
- Ⓜ Reduce the pain with heat or ice packs
- Ⓜ Practicing relaxation techniques to control jaw tension, such as meditation
- Ⓜ Consciously correct your posture

Your orthodontist will discuss these alternative methods where they are indicated for you:

- Ⓜ Correcting your bite with orthodontic treatment
- Ⓜ Physiotherapy evaluation for exercises to strengthen the jaw muscles
- Ⓜ Medicines to help reduce pain or inflammation
- Ⓜ A referral for a night guard or bite plane to decrease clenching
- Ⓜ Self-adjusting splints like the **AQUALIZER** to allow the body to find the TMJ functional balance naturally by normalising the bite and providing vital diagnostic information.

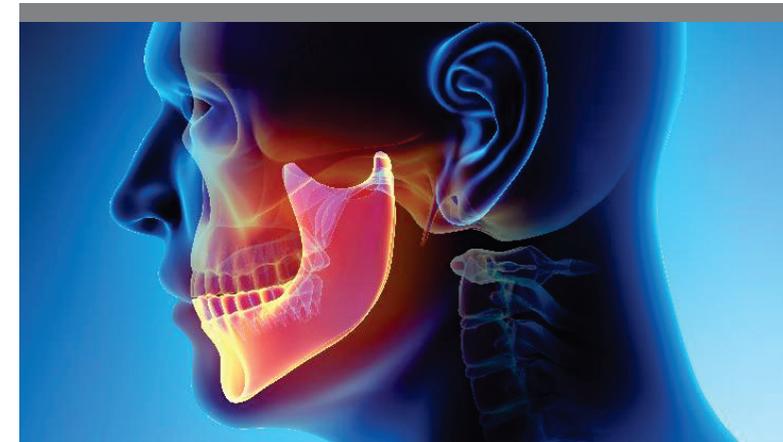


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Orthodontics



TMD

Temporomandibular Disorder

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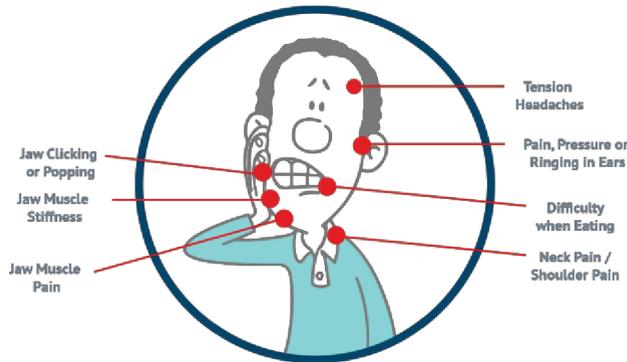
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WHAT ARE THE SIGNS OF TMD?

When the jaw joints are not working properly, you may experience any of these symptoms:

- 🦷 Pain in or around the ear
- 🦷 Ringing of the ear (tinnitus)
- 🦷 Tender Jaw muscles
- 🦷 Frequent headaches
- 🦷 Clicking or popping noises in the jaw
- 🦷 Difficulty opening or closing the mouth
- 🦷 Pain when yawning or chewing
- 🦷 Jaw joints that feel as if they are locked, stuck, or out of place
- 🦷 Clenching or grinding of teeth



A complete evaluation is recommended to determine the best way to treat your condition:

- 🦷 Your orthodontist will check your jaw joints and muscles for tenderness, clicking, popping, or difficulty moving
- 🦷 Your complete medical history may be reviewed, so always keep your records up to date.
- 🦷 Radiographs will be taken to assess the joint
- 🦷 Intraoral scanning or impressions for casts may be required to see how the top and bottom jaw fit into one another

UNDERSTANDING THE JOINT

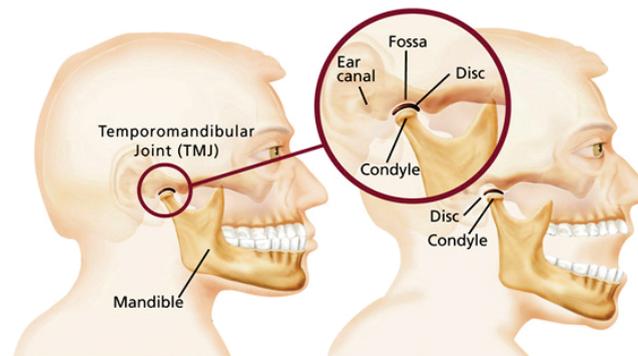
TMD is a muscle condition, not a disease. It is often managed rather than cured.

The temporomandibular (TMJ) and muscles on each side of your jaw help open and close your mouth. These joints move in many different directions to allow you to **chew, talk, and swallow.**

They work together in a delicate balance with muscles, ligaments, cartilage and your jaw bones. When a problem prevents these parts from working together, it may result in **pain.**

Both joints, located on either side on the skull, consist of a ball known as the condyle located on the lower jaw (mandible), and the **socket** or fossa.

Between the two bone surfaces a **disc** that acts as a **shock absorber** to allow for the smooth, gliding action of the joint. The disc is held in place against the back of the joint by ligaments and connective tissue containing blood vessels and nerves.



SELF ASSESMENT

Do you have frequent or regular headaches?
Yes No **If yes:**

Upon Wakening? Yes No

Late Afternoon? Yes No

Are your jaw muscles sore or tender while resting?
Yes No

Are your joints sore or tender when you eat or chew?
Yes No

Have you ever received an injury to your face or jaw?
Yes No **If yes:**

Describe: _____

Do your joints make snapping, clicking or popping noises?
Yes No

Do your joints lock when you are trying to open or close?
Yes No

Do you have teeth that are sensitive, sore, aching, or uncomfortable?
Yes No

Describe: _____

Have you ever worn a splint or nightguard?
Yes No

Are you taking any medication for your symptoms?
Yes No

If yes, Describe: _____

Have you seen a TMJ or maxillo-facial specialist?
Yes No