

TMJ/TMD

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TMJ stands for the temporomandibular joint. This joint is where the lower jaw meets the skull and is found on each side of the face in front of the ear. Any symptoms that arise from an improper movement of this joint is referred to as temporomandibular disease (TMD).

Symptoms:

- Pain in the joint or joints when you open
- Neck pain
- Back pain
- Nausea or vomiting
- Dizziness
- Pain radiating to the eyes, cheeks, or temples
- Facial swelling
- Toothaches
- Ringing in your ears
- Headaches
- Popping or clicking in the joint
- A cracking heard in your ear
- Pain upon opening/closing of your mouth
- Tenderness near your ear
- Pain when you chew
- Locking of your jaw either when opened or closed
- Tingling or burning mouth/throat
- Chronic fatigue

Causes:

Any single one or combination of the causes below can cause symptoms.

- Trauma to the jaw or face.
- Poor bite or alignment of the jaw
- Injury to the joint
- Arthritis
- Poor posture
- Abnormal curve of the spinal column
- Holding unusual positions (computer)
- Mouth breathing
- Yawning or opening too wide
- Stress

- Grinding your teeth

Treatment:

Treatments are development based on the specific cause and symptoms of each person. Treatments are tailored to each patient and only a qualified doctor, like Dr. Burba, can diagnose and treat the symptoms of TMD. Options include one or a combination of the following:

- Nightguard/NTI
- Pain medications
- Muscle relaxants
- Heat
- Physical therapy
- Stress reduction therapy
- Computerized bite analysis and adjustment
- Surgery (severe damage)

Millions of Americans suffer from TMD and every patient is different. We need to work together to discover what caused your symptoms and how to best treat your particular case. team@burbadental.com 978-744-7575