

Causes of TMD

Functional - extra-articular (muscle imbalance - Trps in masticatory muscles)

Structural - intra-articular (tears of the disc, arthritis) - TRUE TMD

Psychological factors - Bruxism

Occulusal disturbances

Risk Factors

Female

Bruxism

Gum Chewing

Jaw Play - stretching/moving jaw alot

Arm leaning

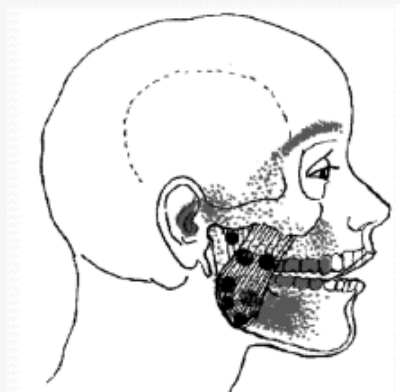
Somatisation

Life Dissatisfaction

Negative Psychological symptoms

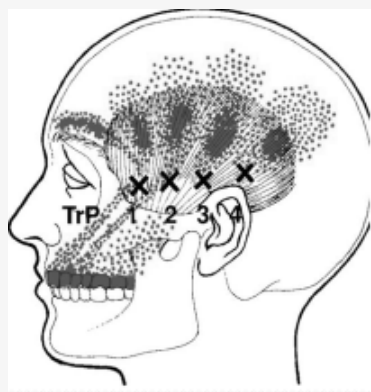
Muscles of Mastication + Trigger points

Masseter



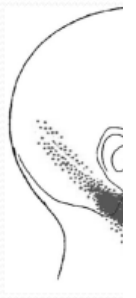
Elevates Mandible

Temporalis



Attaches onto coronoid process - Elevates mandible

Digastric



Depressor - posterior draw
Underactive in TMD

Muscles imbalances

Tight

Elevators & Protruders

Masseters

Medial & Lateral Pterygoic

Temporalis

RED FLAGS

New/Abrupt onset of pain

Progressively severe

Sleep loss due to pain

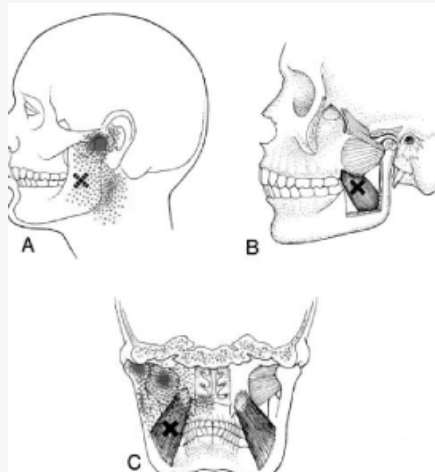
Systemic symptoms

Neurological S&S

Trauma

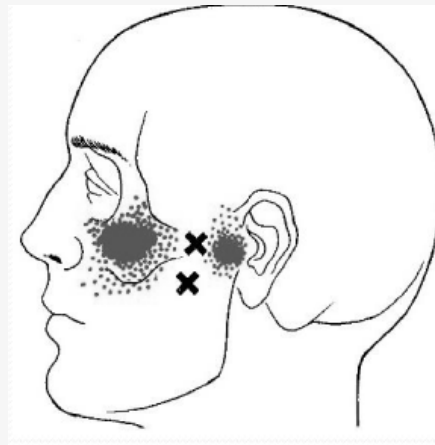
Examination

Medial Pterygoid



Elevates Mandible - forms a tendinous sling around the angle of mandible, Trp work done intra-orally

Lateral Pterygoid



Protrusion + Anterior translation of disc condyle - activates too early in opening of the jaw in TMD. Intraoral TrP therapy

Rule out other pathologi

Dental pain

Neck Pain + headaches

Clicking

ROM

Bruxing

Parafunctional habits

Ear disorders

Hx of trauma (Transient c

Physical Exam

ROM (normal = 45-55mm

Movement patterns

Condylar exclusion

Centric relation test (pain
pathology)

Palpate muscles of mastic

Occlusion/dentition

Cx spine - look for upper c

C

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Management

Advice:	Treatment
Soft diet	NSAIDs/Paracetamol
Avoid Stimulants	SMT, Mobilisation of tm
Keep lips together, teeth apart + tongue up	Release tight muscles
Upright posture - head retracted	Stabilisation exercises
Chew bilaterally	Correction of posture
Avoid gum chewing & grinding	Advanced
Avoid prone sleeping	Splint therapy
Avoid excessive mouth opening, lip biting, self manipulation, jaw stretching, fingernail biting	Relaxation therapy
	Acupuncture
	Special Imaging
	Occlusal therapy

Joint disturbances

Anterior Disc Displacement

Recapture of an anteriorly displaced disc

Causes - clicking + lateral deviation

Sometimes, condyles cannot recapture the disc - reduced ROM

OA

RA

Occlusional imbalance

Disc tear/crack

Causes of Bruxism

Sleep Apnoea (Dry mouth causes teeth grinding to create saliva)

Alcohol and stimulants

Tobacco

Stress/Anxiety

Sleep disturbance

Abnormal occlusion

Normal/abnormal movement patterns

Normal

Tip of chin moves in a continuous, smooth line

Goes inferiorly & Posteriorly

Abnormal

Tip of the chin - moves in a non-smooth, non-continuous line

Protrusive movement/lack of posterior glide

