

## 50. To evaluate the effect of moist heat fomentation therapy in relieving symptoms of pain related temporomandibular muscle pain disorder

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Temporomandibular muscle pain disorder comprise a broad array of peculiar disorder that produces symptoms of unpleasant feeling, discomfort and pain of temporomandibular joint and muscles of mastication. Self management instructions routinely inspire patients to restrict movement and rest their masticatory muscles by intentionally limiting their usage, the self management instructions also promote cognizant and encourage patients to reduce their parafunctional habits. The aim of this in vivo study is to evaluate the effectiveness of moist heat fomentation therapy in relieving the symptoms of temporomandibular muscle pain dysfunction and to establish therapeutic value of a non invasive self managed treatment modality for temporomandibular joint muscle pain dysfunction.

**DOI:** 10.4103/0972-4052.246662