

39. Conservative treatment approach for temporomandibular joint disorder: an overview

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Temporomandibular disorders (TMDS) are defined as clinical problems involving the masticatory musculature, the temporomandibular joints (TMJS) and associated structures, or both. Tmd is considered the most common musculoskeletal disorder that causes orofacial pain. The cardinal presenting signs of TMD that the patient may present with include the following: 1. Limitation of jaw opening or function. 2. Pain with jaw opening or function. 3. Joint sounds.. It is critical that the treating dentist arrives at the correct diagnosis and cause of the patient's chronic facial pain/TMD so that the correct treatment will be rendered. Current concepts and recommended treatment for TMDS and TMJ pain and dysfunction have evolved over time. This paper attempts to distill the current information for this often confusing topic into relevant clinical issues that will allow the dental practitioner to be better able to diagnose and interpret clinical findings, and institute a therapeutic regimen that will provide needed relief to patients suffering from TMD dysfunction.

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