

TMJ:THE CHIROPRACTIC APPROACH

HEALTH ISSUES #41

TMJ is short for temporomandibular joint. There's one on each side, and they attach your jaw to the bottom of your skull. The muscles near them let you to open and close your mouth, but sometimes, the joints get out of line. You might have heard that problem called TMJ, but it's actually TMD--temporomandibular joint disorder. Up to 15% of adults have TMJ/TMD, and it affects women twice as often as men. There are many things that can contribute to this disorder, but a growing body of research is demonstrating the involvement of spinal nerve dysfunction and the role that a Chiropractor can play in helping to resolving these issues.

“There is a significant relationship between TMJ and neck pathologies.”

JRNL OF INTERDISCIPLINARY MED.& DENTAL SCIENCE

Suha N. Aloosi L/, Sarmad M. Contribution of Cervical Spine in Temporomandibular Joint Disorders.Sept 15, 2018



The correlation between jaw disability and neck disability was significantly high. These findings emphasize the importance of considering the cervical spine when evaluating and treating patients with TMD.

BIOMED RESEARCH INTL

Silveira, A. Gaddotti I. Armio. S.Jaw dysfunction is associated with neck disability. 2015:512792.

A study showed that patients with TMJ had greater forward head posture than the control group.

JOURNAL ORAL & FACIAL PAIN

Lee. W. Okeseon, JP, Lindroth J. The relationship between forward head posture and TMJ. (95) 161-7

A comprehensive study of 14 patients who presented with TMD symptoms received chiropractic care. All patients selected for this case series showed a reduction of temporomandibular dysfunction symptoms.

JRNL CHIROPRACTIC MED

Pavia S. Fisher R. Roy, R. Chiropractic Treatment of Temporomandibular Dysfunction. 2015 Dec (14) 4

Collaboration between a dentist and a chiropractor may help to provide quick resolution for patients with TMD. Taking into account the neurological and biomechanical connection to the cervical spine, dentists and chiropractors have the potential to help patients through co-management.

JOURNAL CHIRO MED

Rubis, L, DC, MS, Rubis, DDS.2014 Marl 13 (1) 55-61

“Chiropractic can often resolve issues associated with TMJ disorders.”

CLEVELAND CLINIC

TMJ “ A Chiropractic & Functional Med. Approach. Dec 12. 2014

When a patient's TMD is due to incorrectly positioned bones in the neck, a chiropractor may be able to help ease this condition.

COLGATE RESEARCH

