

WHAT IS TMD?

Temporomandibular Joint (TMJ) Disorder (TMD) is a condition that occurs as a result of dysfunction in the jaw joint and the muscles that control the jaw movement.



A Look at the Numbers



1 in 12

people in the U.S. have TMD

35 MILLION

People
suffer from TMD



90%
are women

Common TMD Symptoms

Headache

Earache

Joint locking/popping

Pain/tenderness in cheek & jaw

Pain or difficulty chewing

Red Flags Often Overlooked

Dizziness

Sharp facial pain

Deep ear pain

Facial swelling

Neck & upper back muscle pain



Screening and Identifying TMD in Patients

- ✓ Limited mouth opening
- ✓ Pain when palpating around the TMJ and muscles
- ✓ Jaw deviation or deflection on opening/closing
- ✓ Pain on opening, chewing and/or jaw at rest
- ✓ A change in the way the upper and lower teeth fit together
- ✓ Jaw joint noises

TMD Treatment Options



Medication



Physical Therapy



Orthotics



Soft Diet



Cold/Hot Packs



Rest



**Craniofacial Pain
& Dental Sleep**
Center of Georgia

200 ASHFORD CENTER NORTH • SUITE 195 • ATLANTA, GA 30338
678-899-6076 • FAX 678-899-6075 • www.cpcgeorgia.com