

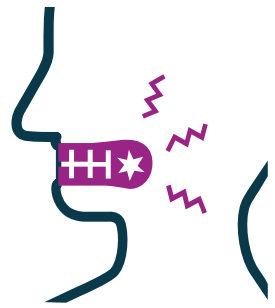
5

facts about disorders of the temporomandibular joint



1

TMD has multiple effects and causes



Temporomandibular disorders (TMDs) may cause pain, headaches, clicking and locking of the jaw and a reduced mouth opening. TMDs have been associated with multiple factors including:

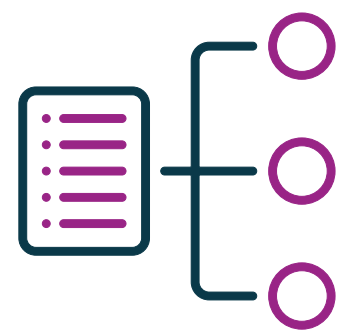
- pain conditions such as chronic headaches, fibromyalgia, autoimmune disorders and sleep apnoea
- issues with musculature or joint structures
- mental and cognitive health.

2

Pain biology and physiology differ between the sexes

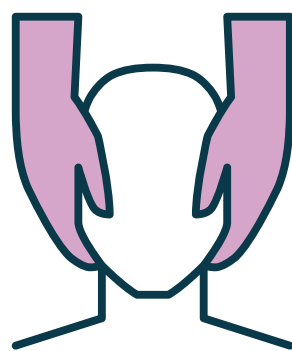
Biological factors influence pain sensation, sensitivity and tolerability:

- differences exist between men and women in the effects of hormones, neurotransmitters and immunology on pain
- sex differences have been seen in the affective processing of pain.



3

Physiotherapists are well placed to diagnose, assess and manage TMD

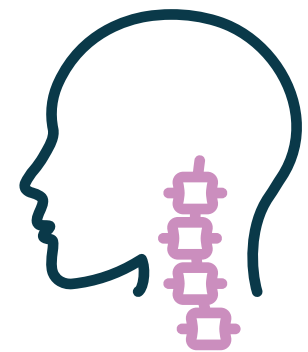


Physiotherapists offer a multimodal management approach based on a biopsychosocial model of care, encompassing:

- manual therapy and massage
- therapeutic exercise
- patient education
- relaxation strategies.

4

The upper cervical spine should be a diagnosis of exclusion in TMD



Disorders of the upper cervical spine can contribute to pain in the jaw and facial region and should be assessed through careful questioning and examination.

5

Psychological factors and comorbidities contribute to TMD



Social and emotional factors including stress, anxiety and depression may contribute to TMD. Physiotherapists should consider:

- screening patients for anxiety and depression
- enlisting trained mental health professionals when necessary to offer education and coping strategies for pain and distress.

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