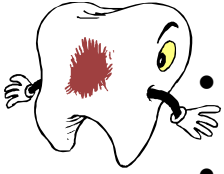


Temporomandibular Joint Dysfunction (TMJ)

What is it?



- **Local or systemic causes**- connective tissue disorder, rheumatoid arthritis, osteoarthritis
- **TMJ** is diarthrodial joint with moving elements (mandible), fixed elements (temporal bone), cause is undue muscle tension
- **Dysfunction**- occurs overuse or abuse of any part of mastication process
- Could be caused from a missing tooth, muscle coordination, high filling, malocclusion- make a visit to the dentist, ear, nose, throat specialist



Signs and Symptoms:

- Stiffness of neck, shoulders, face, clicking noise, pain, locking of affected joints, trismus, mandibular deviation with repetitive use as grinding, chewing gum, ice

Facts:

- 75% of cases are women 30 to 60 years old

What can I do?

- See your Health Care Provider -artificial joint
- See RD for help as needed
- See FFF RD on line for help
- Relaxation, reduce stress See FFF Stress
- Cut food into bite sized pieces, consistency change in food as needed
- Relieve pain, muscle spasms
- Avoid opening wide, gum chewing, ice chewing, nail biting, teeth to cut thread-**STOP**
- Avoid malnutrition, weight loss, adequate vitamins, minerals, protein, calories
- Low caffeine
- Dental care, regular visits to the dentist, good hygiene
- Physical therapy for muscle functioning

