

TMJ (Temporomandibular Joint) Disorder

The temporomandibular joint is a ball-and-socket joint located where the upper and lower jaws meet. You have one joint on each side of your mouth. These joints are part of a large group of muscles, bones, and ligaments that are a system working together. When the system is healthy, you can chew, yawn and talk in comfort. Muscles contract and relax to open and close the joint. It also allows the jaws to open and close smoothly. Ligaments connect the jaw bones to the skull and help support the joint.

Since this is such a complex make up of joints and muscles, a problem in one part of the system can affect the other parts.

Symptoms of TMJ Disorder:

- Tight jaw muscles
- Clicking when your jaw moves
- Lock Jaw
- Inflamed Joints
- Spasms
- Facial Pain
- Headache
- Ear pain

You may have one of the above symptoms or even experience several of them. Either way, it is very uncomfortable and can be intensely painful. Clenching or grinding your teeth can cause TMJ Disorder. Sometimes, you do not realize you do this because it often happens when you are asleep. Chewing gum or any type of chewy foods or candy can lead to TMJ Disorder and limit jaw movement. Any type of injury takes a while to heal. That is why it is very important to consider TMJ an injury and take appropriate measures to help it to heal.

We can help you learn what is triggering your TMJ and help figure out ways to reduce pressure on those joints. Sometimes an anti-inflammatory along with choosing soft foods, avoid biting into hard foods and finely chop your food is all it takes.