

What Is Temporomandibular Joint (TMJ) Syndrome*?

The temporomandibular joints are located just in front of the ears, where the lower jaw meets the skull. You use them almost continuously in chewing, swallowing, breathing and talking. This constant use, in combination with the sensitivity and small size of the area, makes the TMJ especially prone to trouble.

TMJ problems are caused by the lack of harmony among joints, muscles and teeth. An incorrect bite can throw the TMJ out of alignment. If your jaw is even slightly out of place, it can strain the surrounding muscles and cause a tension headache. The symptoms are often triggered by emotional stress, which can increase the grinding of the teeth.

The symptoms of TMJ seem unrelated to one another and are often mistaken for symptoms of other diseases. As a result, TMJ problems are hard to diagnose and effective treatment is often delayed.

We can help, call today to find out more Information on our treatment options and set up a consultation

*Temporomandibular joint syndrome is also known as temporomandibular disorder (TMD) and will be used interchangeably in this information.

There are several risk factors for TMJ syndrome:

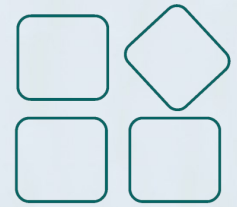
- Poor posture in the neck and upper back muscles may lead to neck strain and abnormalities of jaw muscle function.
- Jaw and tooth malformations can lead to TMD.
- Stress may increase muscle tension and jaw clenching.
- Women 18-44 years of age have increased risk.
- Patients with other chronic inflammatory arthritis have increased risk.
- Motor vehicle accident or other face trauma can cause temporomandibular disorder. (TMD)
- Chewing hard or dense foods can lead to TMD.
- TMD can be caused by untreated sleep apnea.

DIERS ORTHODONTICS, TMJ

& SLEEP TREATMENT

513.777.9040

www.diersorthodontics.com



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ORTHODONTICS*

TEMPOROMANDIBULAR JOINT SOLUTIONS

We can get you and your jaw back on track!

Call us today to set up an complimentary evaluation appointment

3 convenient locations to serve you.

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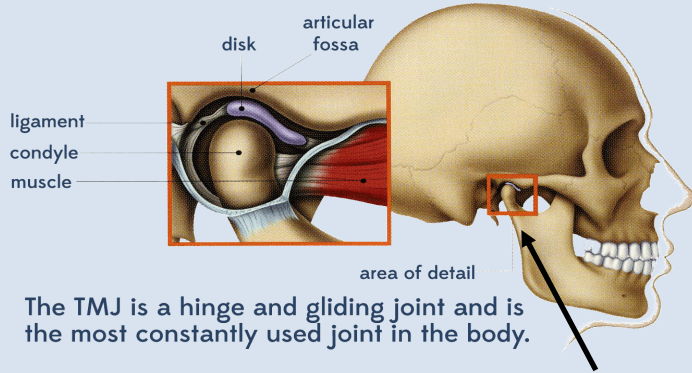
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TEMPOROMANDIBULAR JOINT and YOU



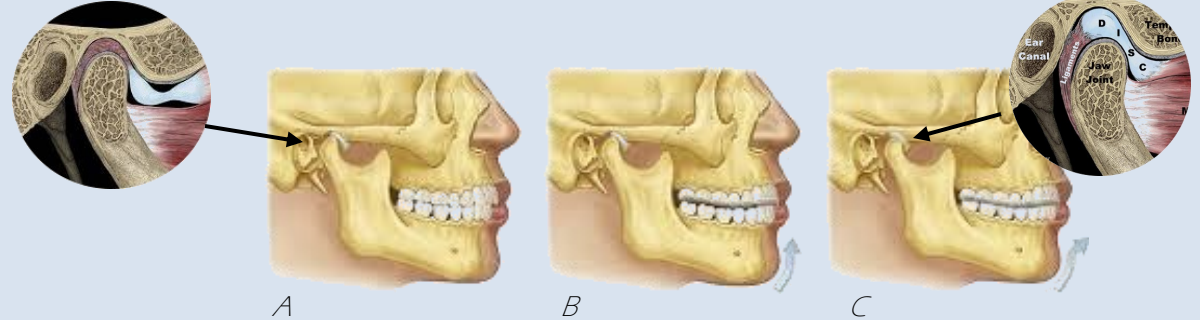
The TMJ is a hinge and gliding joint and is the most constantly used joint in the body.

THE HEALTHY JOINT



THE SPLINT

Your splint is custom made chairside the day of your insert. We build up the acrylic into the position that best works to make your joint healthy again. By biting forward into the splint, it allows your joint to heal from years of TMD and to allow muscle structure to develop that will hold your joint into a healthy position throughout and beyond treatment. There will be adjustments throughout your treatment as the joint heals and develops.



THE TREATMENT*

We bring the joint forward into your custom made splint to a therapeutic healing position and allow the joint to assume a natural healthy position for pain free comfort at the end of treatment.

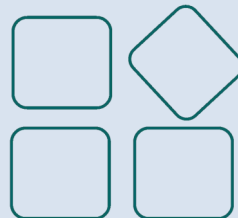
(A. starting position B. jaw closed C. jaw closed forward into splint)

*TYPICAL TREATMENT LASTS AROUND 12 MONTHS WITH ADJUSTMENTS AND BUILD-UP OF SPLINT



"WE KNOW THAT OUR PATIENTS HAVE LIVED THEIR LIVES AROUND JAW PAIN AND DISCOMFORT. THAT IS WHY WE DO EVERYTHING IN OUR POWER TO MAKE SURE THAT THOSE YEARS OF SUFFERING END WHEN YOU WALK OUT OF OUR DOORS AND INTO A HEALTHY AND HAPPY WORLD AHEAD OF YOU!"

-C. McKnight



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