

**SELF
DIAGNOSIS**
for TMJ Disorder - INSIDE

If you suffer from...

- **HEADACHES**
- **EAR PAIN**
- **JAW CLICKING**
- **NECK PAIN**

...it could be TMJ Disorder



**THE
TMJTM
APPLIANCE**

by MYOFUNCTIONAL RESEARCH CO. Europe - USA - Australia
- designers and manufacturers of innovative dental appliances -

***immediate*
and *effective***
treatment for TMJ Disorder

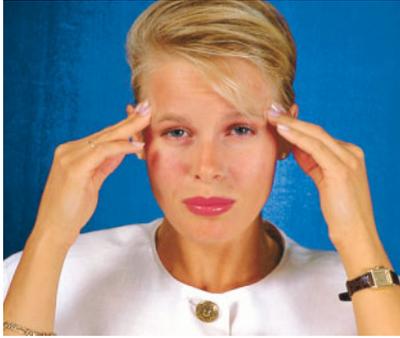
SELF DIAGNOSIS FOR TMJ DISORDER

Test these areas for muscle tenderness

Mark box if one or both sides are tender

Carefully go through the self diagnosis procedures and questionnaire noting the areas affected. If the muscles and TMJs are tender on palpation (examination with the fingertips) and you have symptoms in three or more categories, the probable cause is TMJ Disorder.

NOTE: It is quite common with TMJ symptoms for one side to be more painful than the other.



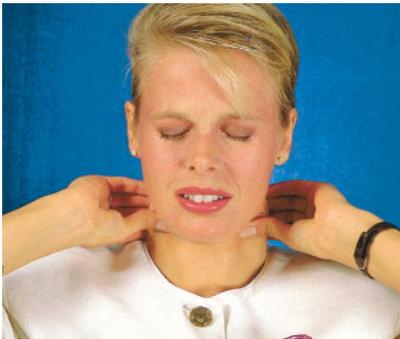
R Temporalis L



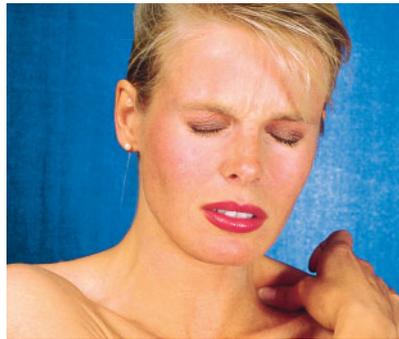
R Lateral Pterygoid L



R Masseter L



R Sternocleidomastoid L



R Trapezius L



R TMJs L

Common symptoms of TMJ Disorder

Mark symptoms you suffer regularly

HEADACHES

- FRONT OF HEAD BACK OF HEAD
- MIGRAINES
- FACIAL PAIN
- SINUS PAIN

JAW SYMPTOMS

- CLICKING OR POPPING JAW JOINTS (TMJs)
- RIGHT SIDE LEFT SIDE
- JAW LOCKING (OPEN OR CLOSED)
- GRATING SOUNDS
- PAIN IN EITHER TMJ
- RIGHT SIDE LEFT SIDE
- JAW DEVIATES TO ONE SIDE ON OPENING
- LIMITED JAW OPENING

THROAT SYMPTOMS

- THROAT SORENESS
- TONGUE PAIN (ONE SIDE)

EAR SYMPTOMS

- EAR PAIN
- RIGHT SIDE
- LEFT SIDE
- CLOGGED, ITCHY EARS
- BALANCE PROBLEMS
- HISSING, BUZZING OR ROARING SOUNDS IN THE EARS (TINNITIS)

EYE PAIN

- PAIN BEHIND EYES
- BLURRED VISION

NECK SYMPTOMS

- NECK PAIN
- LACK OF MOBILITY (REDUCED NECK ROTATION)
- NECK STIFFNESS
- SHOULDER ACHEs
- TINGLING OR NUMBNESS IN ARMS AND FINGERS

TREATMENT WITH THE TMJ APPLIANCE™

Immediate, low cost, symptom relief

The TMJ Appliance is a prefabricated intra-oral appliance designed specifically for the immediate and effective treatment of TMJ Disorder.

The computer aided design allows one single size to fit most adults without the need for time consuming moulding, custom fitting and adjusting.

How The TMJ Appliance works

The TMJ Appliance™ has a thicker section at the back which relieves pressure by gently decompressing the inflamed joints when placed in the mouth.

It also moves the lower jaw into its correct Class I position automatically. This has the effect of stretching the tight and painful muscles around the jaws, head and neck area, resulting in an immediate decrease in pain.

Over a period of time, this helps to decrease long term pain. Also habits such as bruxing and grinding of teeth are prevented by the patented aerofoil shaped base and double mouthguard design.

What to expect

Use The TMJ Appliance™ for one hour each day and then after a few days, overnight as well.

The TMJ Appliance should reduce symptoms within the first few days but sometimes several weeks of use are necessary before pain relief is experienced. This varies with each person. You should continue to use The TMJ Appliance™ for a minimum of 30 to 60 days after which you can determine how much continued use is needed to maintain symptom relief. Seek further advice on treatment from the health professionals you currently consult, as The TMJ Appliance™ enhances many current treatments.

Additional treatment

If pain is not resolved additional treatment may be necessary to further address the causes. This includes:

OCCLUSAL SPLINTS

- Hard dental splints worn 24 hours a day, custom made by a Dentist to correctly align the bite. It is important that they are constructed to the exact bite and adjusted regularly as structural changes take place.

PHYSIOTHERAPY

- Massage and toning the muscles, plus exercises to improve posture and align the spine is advisable.

STRESS REDUCTION

- Relaxation exercises can reduce the tension, clenching and grinding that overload the TMJs.

SPECIALIST TREATMENT

- Permanent changes to the bite with orthodontics or crown and bridgework may be required for long term pain relief.
- TMJ Disorder should be treated with regular consultation from your Doctor or health care therapist.

The TMJ Appliance™

RELAXES
jaw and neck muscles

RELIEVES
pressure on the TMJ

LIMITS
bruxing and grinding

REDUCES
chronic neck pain



**USE 1 HOUR
DAILY PLUS
OVERNIGHT**

Night use - while sleeping

Some people may find this uncomfortable at first, particularly mouth breathers and snorers. The TMJ Appliance™ should help with both, just persevere.

Many people brux, grind and clench their teeth at night and wake with a headache. The TMJ Appliance™ limits these problems with night use and can help reduce the occurrence of morning headaches.

Re-test with The TMJ Appliance™ in place

An immediate decrease in tenderness should be experienced.



Temporalis



Lateral Pterygoid



Masseter



Sternocleidomastoid



Trapezius



TMJs

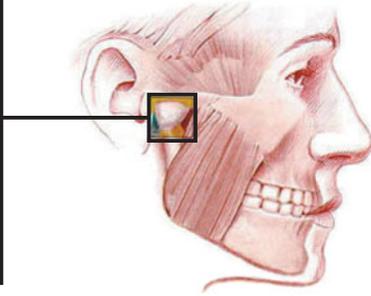
UNDERSTANDING TMJ DISORDER

What is the TMJ?

The TMJ (temporomandibular joint) is where the mandible (the lower jaw) joins the temporal bone of the skull. Each time you chew, you move it, but you also move it every time you talk and every time you swallow (every minute or so). It is, therefore, one of the most frequently used joints of the body.



The Temporomandibular Joint



You can locate the TMJ and feel it working by pressing your fingertips immediately in front of the ear on each side of the head then fully opening and closing your mouth.

You can also feel the TMJ in motion if you put the tips of your little fingers into your ear canal (with the fingernail backwards) then pressing forward as you open and close your jaw.

If you have TMJ Disorder this exercise may be painful. Most symptoms, however, are located away from the TMJ.

TMJ Disorder

First identified in 1934 by the eminent ENT Specialist Dr. J. B. Costen, TMJ Disorder is a condition that occurs when the TMJs are subjected to excess pressure through misalignment or malfunction of the Teeth, Muscles and Jaw.

Costen was the pioneer in alerting medical and dental professionals to the condition. He demonstrated the fact that ear, head and neck pain could be eliminated by correcting an improper bite and removing excess pressure on the TMJs by "opening the bite" with intra-oral splints.

According to studies by the American Dental Association, approximately 75 million people in the United States suffer from some form of TMJ Disorder. It is still undiagnosed however, in many patients who have experienced years of chronic head, neck, ear and other pains.

Symptoms of TMJ Disorder

TMJ Disorder causes widespread and variable pains that may vary from mild, constant discomfort to severe, intermittent pain in the affected regions (see questionnaire).

Headaches, ear pain, facial and neck pain are the common symptoms. Often there is difficulty in opening the mouth and clicking in the joints.

TMJ Disorder is not so much felt in the joint itself as the affected muscles above and below the jaws.

It's a bit like having a stone in your shoe; not only does your foot hurt, but your ankles, legs and back become painful as the body tries to keep off the aggravated spot.

The Journal of the American Medical Association describes TMJ Disorder as the "great impostor" because it mimics many different diseases and has such a wide variety of symptoms.

Causes of TMJ Disorder

TMJ Disorder can be caused by a variety of forces that overload the temporomandibular joints.

TEETH

- Misaligned teeth, missing teeth and poor dental work including orthodontics.

MUSCLES

- Incorrect swallowing habit from childhood which push the jaw back.
- Myofunctional habits such as bruxing and grinding of teeth, mouth breathing.
- Tension resulting in clenching and grinding of teeth, is also a common cause as it overloads the TMJs and muscles.

JAW

- Incorrect jaw growth causing mismatch of the upper and lower jaws.
- Trauma such as a fall or car accident (very common in whiplash injuries).
- Degenerative diseases such as osteoarthritis.

Treatment of TMJ Disorder

Whatever the cause or severity of the TMJ Disorder, the most effective approach is to initially use a soft dental splint.



The aim is to relieve pressure on the TMJs, decrease muscle tension and limit effects of clenching and grinding the teeth.

Treatment with The TMJ Appliance should provide immediate relief from the symptoms of TMJ Disorder.

Adjunctive therapy on the muscles is very helpful.

Further treatment from health professionals may be required to fully eliminate symptoms



Also made in a Mouth Breathers & Snorers version.



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