

# Temporomandibular Disorders

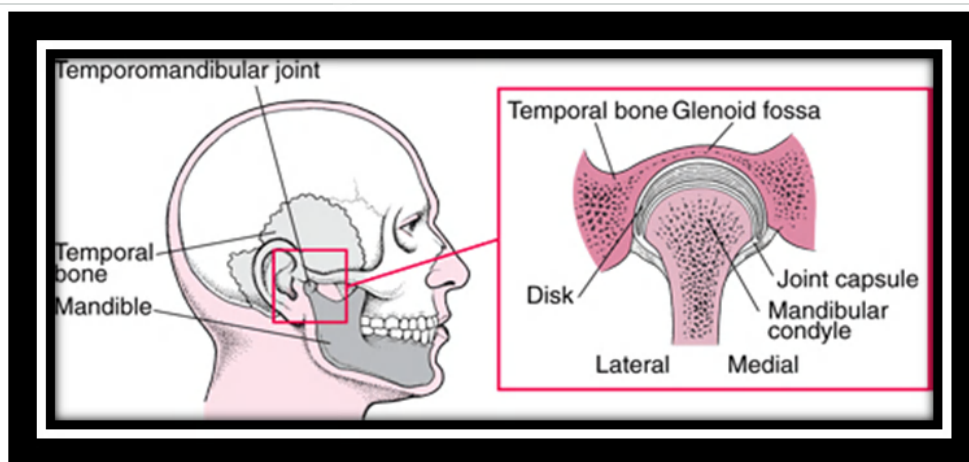
## Overview of Temporomandibular Disorders

The term **temporomandibular** disorders is an umbrella term for conditions causing dysfunction of the jaw joint or pain in the jaw and face, often in or around the temporomandibular joint (TMJ), including masticatory and other muscles of the head and neck, the **fascia**, or both. A person is considered to have a temporomandibular disorder only if pain or limitation of motion is severe enough to require professional care.

Temporomandibular disorders typically are multifactorial, but most are related to problems with muscles or joints. Internal derangements of the TMJ cause disturbed movement of the **mandibular condyle** in the **glenoid fossa** or against the **cartilaginous articular disk**. This disk, shaped like a donut with a closed hole or like a mature red blood cell, serves as a cushion between joint surfaces. Causes for this disturbed movement include clenching and grinding of the teeth, trauma, arthritis, and **malocclusion** and missing teeth. Even the trauma of persistent gum chewing can be enough to damage the joint.

**Fig. 1**

### **The temporomandibular joint.**



The joint is formed by the **mandibular condyle** and the **glenoid fossa** of the **temporal bone**; a **cartilaginous articular disk** functions as a cushion between the joint surfaces.

### Diagnosis

Disorders of the TMJ must be distinguished from the many conditions that mimic them. Pain exacerbated by finger pressure on the joint when the mouth is opened implicates the TMJ.

**Table 1**

#### Some Conditions That Mimic Temporomandibular Disorders

Symptom	Condition
Headaches	Sinusitis Temporal arteritis Tension, migraine, and cluster headaches
Pain	Postherpetic neuralgia Reflex sympathetic dystrophy or traumatic neuroma after head or neck surgery Toothache Trigeminal neuralgia
Pain accompanied by hearing problems	Obstruction of the ear canals or eustachian tubes Otitis media
Pain in the head, neck, and other areas of the body	Fibromyalgia Generalized myofascial pain
Pain, numbness	Intracranial aneurysm Metastatic tumors
Pain that radiates to the temporomandibul	Whiplash injuries affecting muscle or cervical spine

ar joint region

Pain that worsens when the patient swallows or turns the head

Cervical spine or muscle disorders  
Eagle's syndrome ([calcified styloid process](#))  
[Glossopharyngeal neuralgia](#)  
[Subacute thyroiditis](#)

[Trismus](#)

Depressed fracture of the [zygomatic arch](#)  
Infection  
[Osteochondroma](#) of the [coronoid process](#)  
[Pericoronitis](#)

eTOC在校生徒様がeTOCのレッスン  
以外の目的で使用すること及び印刷禁止。  
法律で罰せられます。  
This document is protected by copyright.  
You are breaking the law  
if you copy or distribute this file.

**eTOC**  
English Teachers On Call