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# **TMJ Or Temporomandibular Joint Dysfunction A Lower Jaw Problem**

In the office of a New York City dentist, a man with chronic head pain suddenly showed up. He was devastated when he explained that not even a single doctor was able to solve his problem.

In no time, the dentist claimed that this man has a lower jaw problem called TMJ or temporomandibular joint dysfunction which could be effectively treated. The same problem was responsible for the neck and facial pains of a Virginia woman whose various physicians had misdiagnosed arthritis, for seeming earaches in another woman, and for apparent sinus pain in still another. The TMJ condition, which has earned the nickname of the great impostor because it can produce such a wide variety of symptoms and mimic many different diseases, is now estimated to affect 20 percent of the population and is completely overlooked in most. Victims suffering from TMJ dysfunction experience various symptoms as they seek answers from doctor to doctor. Not able to properly close or open the mouth is considered as one of the many functional problems. Also, migraine, sinus problems, atypical facial pain similar to a tic douloureux or temporal arteritis, or neck and shoulder pain is experienced by some. If others do not feel any pain, they will experience dizziness, tinnitus or ear ringing, or even subjective hearing loss in the process. [tmj symptoms](#) information is only a click away.

Actually, pain plays a big factor because it is what makes them neurotic, and not neurosis that causes the pain. The lower jaw or mandible hinges to the skull just in front of the ear where the temporomandibular joint is located. Opening the mouth too wide from biting or yawning can push the joint to be altered.

If people are stressed out, tendency is they clench their teeth which are founded to be one of the most common causes. With this, the joint is affected and the muscles and ligaments' equilibrium that control movement in the joint is upset. Muscles may go into involuntary contraction or spasm as a result to a painful state. This pain may cause radiation from small areas of great sensitivity called trigger areas within muscles.

Trigger areas in the TMJ muscle system can produce dull ache or stabbing pain not just around the jaw and the teeth but virtually anywhere in the head and in the neck and shoulders. Jaw pains worsen in chewing, speaking, and brushing of the teeth for in these manner, jaws are clenched in teeth are grinded, but when mouth is just opened, pains are alleviated. You will find info on [neuromuscular dentistry](#) by visiting that site.

To help pinpoint TMJ dysfunction, tests which he says can be done by any physician or dentist in a minute. By simply listening by ear or with a stethoscope, any clicking or crepitus noises could be heard when the jaw moves. Others include feeling the TMJ on each side, and the muscles as well to detect any spasm.

To be able to restore balance, the use of jaw muscles is needed in some cases. To add to the conscious effort that they show in chewing, they may be asked to perform simple exercises. One of the simple exercises would be to position the tip of the tongue far back on the roof of the mouth while mouth is then opened wide. The next exercise aims to strengthen the muscles by moving the jaw in a given number of times away from the weak side.

Mostly eating soft foods and applying moist heat to both sides of the face for 10 minutes thrice a day would help a patient combat spasm. Many hospitals and dental schools have now shown their concern for TMJ dysfunction by setting up special clinics. A positive sign towards solving the TMJ problem indeed for more dentists and doctors now show their concern towards this problem.

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