

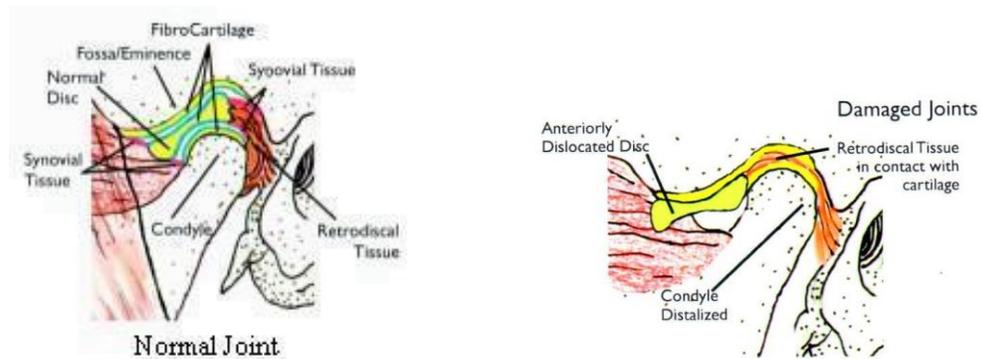
TMJ/Occlusion (Bite) / Clenching Information

Most people have a disharmony in the way their teeth fit. The majority of these people experience one or more of the following, due to uneven pressures from the bite: loose teeth, sore and sensitive teeth, and broken and worn teeth or restorations. Sometimes this disharmony results in TMJ syndrome or myofascial pain, clenching, and bruxing. These problems are neither new nor rare in occurrence. This is a condition affecting the structures of the jaw joint which consist of muscles, bones, ligaments, and discs.

When bite disharmony is present, the muscles of the jaw are constantly working to help the lower jaw move into a position that will allow the teeth to fit more evenly. Subconsciously, the muscles act to alter the teeth by clenching and grinding and mold the jaw joints to their actions. This continuous contracting of the muscles without rest can result in numerous symptoms such as facial pain, head and muscle-aches, popping, clicking, and locking of the jaw. These symptoms may be a result of muscle disharmony or internal derangement with the joint. Other contributing factors that need consideration may be: emotional stress, nutrition, hormonal / biochemical imbalances, trauma, and arthritic conditions.

Our usual diagnostic exam consists of four steps:

1. Position the jaw in a pain free position (centric relation is the goal)
2. Gathering of relevant history and facts
3. Muscle exam
4. Records (imaging, models, bite records, photos)



Treatment may consist of one or more of the following:

1. Orthopedic repositioning device (splint)
2. Equilibration (reshaping) of the teeth. The teeth are actually interferences in the jaws path of closure; however the muscles modify their action and return to a path dictated by your teeth.
3. Restorative Dentistry. (often restorations may be needed to stabilize the corrected occlusion (bite)).
4. Orthodontics
5. Referral to (Oral surgery, massage, other specialists)

Fees for these treatments will be discussed and determined prior to treatment.

Thank You,
Chris M. Anderson, DMD