

TMJ

TMJ is short for temporomandibular joint and is technically known as TMD or temporomandibular joint disorder. When this joint is injured or damaged, it can lead to a localized pain.

Causes:

- Injury to the teeth or jaw
- Misalignment of the teeth or jaw
- Teeth grinding
- Poor posture
- Stress
- Arthritis
- Gum chewing



Symptoms:

1. Pain or pressure
2. Ringing in your ears
3. Uncomfortable bite
4. Pain in your neck
5. Pain in your shoulders
6. Chronic headaches
7. Stiff or locked jaw
8. Popping noise on the joint
9. Grating noise on the joint
10. Ear pain or ear aches
11. Pain in your temple
12. Stiff or sore jaw muscles

Treatments:

- Replace missing teeth
- Realign crooked teeth
- Realign your bite and jaw
- Dental splint
- Mouth guard
- TMJ arthroscopy or arthrocentesis is a minimally invasive procedure
- Joint replacement

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