

Treatment for TMJ Pain

There are a variety of treatment modalities, which can be divided into Phase I and Phase II.

The purpose of Phase I is to eliminate muscle spasms, TMJ swelling, bruxism (grinding of the teeth) and any dislocation, and generally reduce any type of pain. This treatment usually includes the use of the TMJ appliance (mouth splint), exercises, medication, different therapy, and natural muscles relaxants, and Micro-light Cold Laser Treatments (ML830) to relieve TMJ pain. The ML830 is a non-invasive, non-thermal laser, capable of penetrating deep into tissue. It is one of the most fascinating new healing advances, and is FDA CLEARED to treat and manage TMJD pain, muscle and joint pain relief.

The purpose of Phase I therapy is to definitively correct any discrepancies, if necessary, between the upper and lower jaws. Phase 1 therapy may include adjustments of the TMJ joint, orthodontics, surgery or a combination of treatments. It is important to note that Phase II therapy should not be attempted without successful Phase 1 treatment.

Phase I Therapy is usually composed of three types of treatment, all aimed at reducing or eliminating muscle and joint pain.

Therapy No.1

The use of an intra-oral splint. The TMJ appliance is a computer designed intra oral device that fits most adult mouths without adjusting. It is specifically designed to assist in the treatments of TMJ disorders. The TMJ appliance has been designed by Australian Dentist Dr. Chris Farrell, in response to the need for a low cost intra-oral splint that could be implemented by health care providers, as well as dentists, for the many patients who present with symptoms of TMJ disorders. It is specifically designed to assist in treatments of TMJ disorder. No molding, adjusting or custom fitting is required.

Therapy No. 2

The use of different modes of treatment to reduce muscle and nerve pain. This is a special natural pain relief supplement called (**SERENITOL**). Proven effective in reducing the reversing the effect of Sleep Apnea, Bruxism, nightly TMJ dysfunction, insomnia, Anxiety Neurosis, Chronic Fatigue and other sleep related disorders. Use of Serenitol, used properly and conservatively is very beneficial.

Therapy No.3

The use of MicroLight Cold Laser Therapy. The ML830 is a non-thermal laser capable of penetrating deep into tissue. FDA CLEARED to treat and manage TMJD pain, muscle and joint pain relief, the ML830 Laser is also used to treat carpal tunnel syndrome at our office.

One of the most fascinating and used healing advances is the ML830 low level laser. We are pleased to announce that the ML830 laser has received clearance for the treatment of TMJD and Carpal Tunnel Syndrome.

Laser therapy has been successfully used around the world for over 25 years, with no reported long-term or irreversible side effect. TMJD sufferers are now free to seek relief from TMJ jaw pain through a new non-invasive form of therapy before resorting to surgery. We have had excellent results using the non-thermal laser to relieve pain and promote healing of the painful tissue.

Phase I therapy is considered reversible. In other words, if treatment of phase 1 therapy is discontinued, no detrimental changes will have occurred. If the patient sees no improvement, then they are no worse off than before they began treatment.

**Dr. Donald G. Kimble
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