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Rehabilitation of patients with pain form of temporomandibular joint dysfunction

Temporomandibular joints dysfunctions are functional disorders consisting in abnormal functioning and pain of the mastication's muscles, temporomandibular joints involved in dynamic movements of the mandible and surrounding structures, often associated with abnormal tooth occlusion in opposite arches. Main etiologic factors are; chronic excessive stress, parafunctional activity (teeth clenching, grinding-muscle hyperactivity) and occlusive abnormalities. Dysfunctions do not include all diseases related to the musculoskeletal system in the chewing organ, such as inflammation, degenerative states and joint tumors, as well as muscle lesions (multiple sclerosis, dermatomyositis, and fibromyalgia). The aim of the presentation is to discuss general principles of staged prosthetic treatment and supportive physiotherapeutic treatment, used in therapy of pain form of temporomandibular joint dysfunction. The use of relaxation and repositioning splints together with the principles of their use and devices used in the treatment of dysfunctions during orthodontic treatment will be presented. Intramuscular injection with botulinum toxin type A are often used to relax the chewing muscles as well. The aim of physiotherapeutic procedures is to reduce muscle and joint pain and restore the proper mobility of the mandible. Among physiotherapeutic methods often are used; manual therapy, kinesiotherapy, laser biostimulation, ultrasound therapy and soft tissue mobilization.

Biography

Malgorzata Pihut has completed her Graduation in Faculty of Medicine at the Jagiellonian University in Krakow, Poland. She is the Head of the Consulting Room of Temporomandibular Joints Dysfunction, Jagiellonian University Medical College. She is a Specialist in the field of General Dentistry and Dental Prosthetics, conducts training of students and has completed her Post-graduation in the field of Prosthetics. She is the author of over 150 publications, congress reports, and research in national and international journals. She is a Specialist in diagnosis and treatment of modern form of functional disorder in the stomatognathic system. She is a member of the ten national and international scientific societies, winner of the several prizes from Polish Ministry of Education.

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