

TMD as A Terrifying Phenomenon

Temporomandibular disorders are characterized by pain and joint dysfunction. TMD affect many people worldwide.

TMJ internal derangement (ID) is the most frequent type of temporomandibular disorders (TMDs). It is defined as a joint dysfunction associated with an abnormal disc position.

Successful management of ID depends mainly on accurate diagnosis and elimination of the causative factors. It should be diagnosed both clinically and radiographically.

Conservative treatment is considered as the first-line therapeutic step for most cases. It includes a number of different treatment methods; patient education, pharmacological therapy, physiotherapy, splint therapy, etc.

Also minimally invasive surgical procedures as intra-articular injection and arthrocentesis are very beneficial for management of many patients with TMJ pain and dysfunction.