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| **Name:** |
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| **Pathology Question:** |
| What are the signs and symptoms of TMD? |
| **Report:** |
| Temporomandibular disorder (TMD) is a common musculoskeletal syndrome affecting the temporomandibular joint (TMJ), muscles of mastication, and other associated structures. A common symptom of TMD is pain, which can be constant or a periodic dull aching pain in the area of the TMJ. Pain most often occurs during mandibular movement or upon palpation of the involved areas. It can either be myogenic, meaning that it is derived from muscle fatigue, or it can be articular pain derived from inflammation of the joint tissues.  The most common cause of pain in patients with TMD is disorders of the muscles of mastication. This type of pain is observed during speaking, swallowing, and chewing and can also cause restriction of mandibular movements. Joint disorders that lead to TMD can occur from derangement of the condyle-disc complex, structural incompatibility with the articular surfaces, or inflammatory disorders of the TMJ. Other causes of TMD include chronic mandibular hypomobility and growth disorders.  A patient with TMD may also present with joint sounds. These can be short clicking sounds during mandibular movement, which are caused by uncoordinated movements of the condylar head and articular disc. They can also present as crepitations, which are compound sounds caused by rough and irregular articular surfaces of the TMJ.  TMD patients can also experience limitation of mandibular movement, which can occur during opening, closing, protrusion, or lateral movement. This can be caused by muscular restriction, disc displacement, or ligament restriction. Sometimes the condyle can become displaced from the the fossa, in which case the patient may be unable to close their mouth.  TMD may lead to dental symptoms such as tooth wear, mobility, and pulpitis. It can also cause otologic symptoms such as auricular pain, tinnitus, itching in the ear, and vertigo. Patients may also perceive muscle pain in the temporal region as headaches, which can correlate with other headaches and migraines. |
| **References:** |
| Maini K, Dua A. Temporomandibular Joint Syndrome. [Updated 2020 Jul 2]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2020 Jan-. Available from: https://www.ncbi.nlm.nih.gov/books/NBK551612/ |