

## Chilliwack TMJ Specialist

The jaw joint is situated right in front of the ear. For most people, this joint may click or pop while opening wide or closing the mouth but doesn't cause any discomfort. Nonetheless, this may be a significant cause of chronic headaches and serious discomfort.

Throughout an evaluation the jaw joint may be reviewed using a Doppler ultrasound that allows us to search for any inner condition. Behind the ear, the shared space might also get studied for nerve impingement and by stimulating the face muscles, even added information is able to be accumulated to see if in fact the source of distress is coming from the jaw joint.

Most of the familiar origins of jaw joint soreness include trauma or injury to the jaw, unevenness in the bite, congenital or hereditary problems, existing health conditions, loss of the back teeth, or grinding or clenching problems.

Jaw joint disorders are generally difficult to take care of, depending upon the severity and source of the pain. The most common source of discomfort are the muscles in the face, the teeth, or from swelling around the jaw joint area itself.

A variety of therapies that include physiotherapy, acupuncture and medications are accessible, however main problems associated to muscles and teeth may be resolved with use of a support. This sort of support is oftentimes known as a Bruxism splint, biting appliance, or mouth guard. Its main purpose is to reduce the strain on the teeth triggered once they grind against one another or when they are firmly clenched together. The decline in tension will permit the face muscles to unwind and will place far less strain on the mouth joint.

The time that it requires to treat this specific disorder will differ greatly with the individual and the severity of the condition. On some occasions a patient may attain instant relief, or it might take an individual many different years to attain positive outcomes.