

DO YOU SUFFER FROM HEADACHES AND TMJ?



Dr. Brock Rondeau
General Dentist

Did you know that as many as 90% of headaches may be related to problems with the jaw joint which is also known as TMJ.



The JVA (joint vibration analysis) is a non invasive 3 minute test to check the health of your jaw joint.

TMJ stands for temporomandibular joint, or jaw joint, which connects the lower jaw to the skull. Problems can arise when the lower jaw is not in its proper relationship to the upper jaw. Jaw joint/TMJ problems can occur if you have clenching and grinding habits, trauma to the head and neck, automobile accidents, whiplash injury or intubation procedures in hospitals, a bad bite or when your lower jaw is too far back.

One of the

main symptoms of TMJ is headaches. Other symptoms include neck pain, earaches, ringing in the ears, clicking or popping noises when opening and closing the mouth, tired jaws or pain when chewing, dizziness or fainting, difficulty in swallowing and pain behind the eyes.

The treatment includes reduction of inflammation and muscle spasms in conjunction with an easy-to-wear, comfortable, clear plastic mouthpiece, known as a splint. The lower splint

worn during the day covers the lower back teeth, holding the jaw in the correct position. It reduces tension in the jaw joints, allowing them to heal. To prevent the patient from grinding their teeth or clenching at night a special nightguard is worn. This unique design prevents the back teeth from touching and holds the lower jaw forward.

There are a number of excellent diagnostic aids that are available including joint vibration analysis, which

is a simple, non-invasive, three minute test to determine the state of health of a patient's jaw joint. The use of tomogram x-rays are also important to help determine whether the proper relationship to the upper jaw.

Frequently a team approach involving medical doctors, neurologists, ear, nose and throat specialists, chiropractors, massage therapists and physical therapists is necessary to diagnose and treat

patients with jaw joint, neck or spine problems. These tests will assist Dr. Rondeau in making the proper diagnosis.

The objective of the treatment is to stabilize the jaw in its correct position using upper and lower splints which reduces the patient's symptoms as described earlier.

Please call Dr. Rondeau's office at 519.455.9845 to schedule an appointment to be evaluated or visit www.ortho-tmj.com for more information.

For more information visit www.ortho-tmj.com or call 519-455-4110