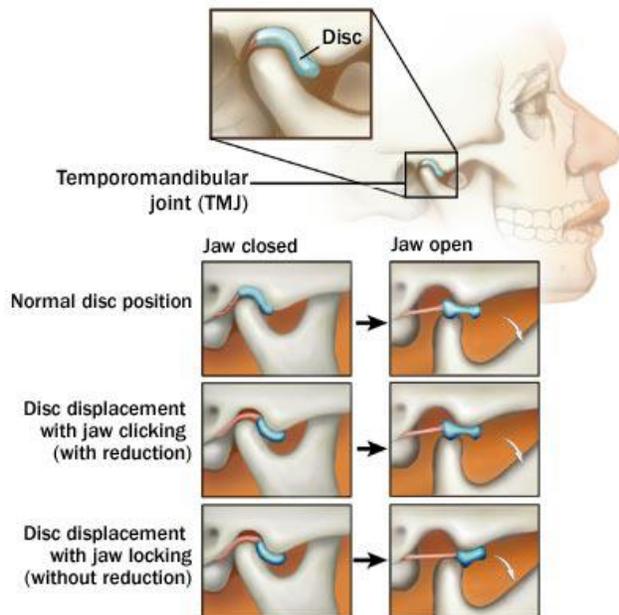
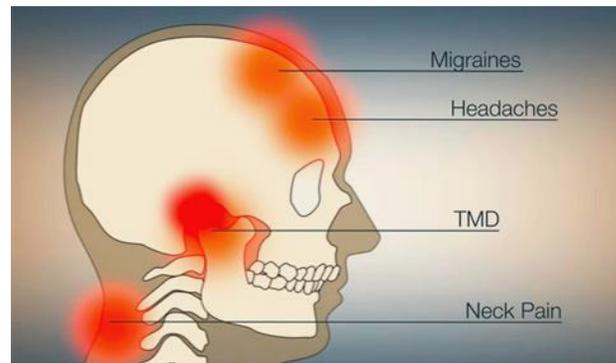


Signs & Symptoms of Patients with TMJ Disorders

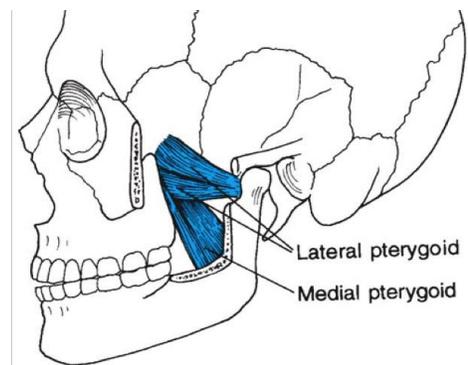


- Clicking/Popping Sounds
- Headaches
- Migraines
- Clenching/Grinding Teeth
- Vertigo
- Fatigue
- Tooth Sensitivity
- Ear Ringing
- Ear Pain
- Sensitivity to Light
- Difficulty Chewing/Swallowing
- Limited Opening
- Neck/Shoulder Pain

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WHAT CAUSES TMJ DISORDER ??

- **Trauma:** Direct and/or indirect trauma can lead to TMJ disorders. This could include either macro (car accident, sports injury, etc.) or micro (falling while trying to walk as a baby, bumping your head, etc.) trauma, which causes pain and dysfunction.
- **Malocclusion:** When your teeth do not fit together properly, you have an improper occlusion (malocclusion). Over time, the body will compensate for this impairment by involving muscles in other areas such as the neck, throat, shoulders and upper back. This can lead to muscle spasm and/or hyperactivity.
- **Muscle Hyperactivity:** The deep and superficial masseter, temporalis, and lateral pterygoid muscles are all chewing muscles that open and close the mouth. They often become hyperactive and cause excessive compression of the TMJ (temporomandibular joint). The surrounding neck muscles help stabilize the skull during jaw use and function and can also be hyperactive due to poor head on neck posture.
- **Posture:** The body functions optimally when all of the joints, bones, and muscles are properly aligned. If you routinely slouch in your chair or spend your days hunched over a computer, you are retraining your body to hold itself in an essentially harmful position. Poor posture has a domino effect, as your misaligned spine will cause your lower jaw to protrude forward, creating a malocclusion.
- **Stress:** High levels of stress can cause you to unconsciously clench and/or grind your teeth. This will tighten your jaw muscles, creating added pressure and strain in the joints and muscles of your jaw and face. Eventually, your jaw joints will become misaligned. Increased physical and emotional stress impacts patients with TMJ disorder, as it can exacerbate any preexisting conditions or problems.



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