

What You Need to Know About TMJ



Millions of Americans suffer from pain of the jaw joint, known as the temporomandibular joint. Temporomandibular disorders (TMJ or TMD) are a complex set of conditions characterized by pain in the jaw joint and surrounding tissues and limitation in jaw movements.

Did you know that TMJ disorders are more common among women than men?

Look for warning signs

- Tenderness in the jaw
- Jaw pain or stiffness when you chew, bite or yawn
- Difficulty opening and closing your mouth
- Unexpected change in how your teeth fit together
- Painful clicking or popping noises when you open or close your mouth

Possible causes

- Injury or trauma to the jaw
- Poor jaw alignment
- Arthritis
- Bruxism (clenching your jaw and grinding your teeth)
- Stress

What you can do

Stop the pain

- Rest your jaw.
- Try physical relaxation exercises.
- Eat soft foods.
- Take aspirin or ibuprofen.
- Apply moist heat.

Protect your mouth

- Use a nightguard¹ to prevent grinding while you sleep.

Relax

- Use biofeedback or relaxation training.
- Reduce the stress in your life.



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¹ Please refer to your plan booklet for specific coverage details.