

Physiotherapy techniques for treatment of temporomandibular joint dysfunction following dentistry: A literature review

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Background: Temporomandibular joint and muscle disorders, commonly called "TMJ," is a common disorder that cause pain and dysfunction in the jaw joint and the muscles that control jaw movement. Having mouth open for so long and for so many appointments can lead to myofascial pain during dentistry. One of the effective and appropriate interventions is physical therapy.

Methods: A literature search for the period of 2000-2016 was performed, using PubMed, Google scholar, Science Direct, OVID, PEDro, Cochrane library and CINAHL databases. Studies investigating the effect of physical therapy techniques on TMJ disorder following dentistry were included. To investigate the included studies, PEDro quality scale was used.

Results: According to the inclusion criteria of the study, seven articles were selected in the 97 relevant articles. Literature review indicated that applying ice pack, avoiding extreme jaw movements (such as wide yawning, loud singing, and gum chewing), learning techniques for relaxing and reducing stress, practicing gentle jaw stretching and relaxing exercises are physical treatment methods. Using stabilization splint or bite guard, kinsiotaping also is effective intervention for TMJ disorder. KT in combination with exercise is more effective than exercise alone in TMDs. In addition, our literature review show that deep dry needling in the trigger point in the external pterygoid muscle can be effective in the management of patients with myofascial pain located in that muscle.

Conclusion: Overall, literature review of studies indicated that physical therapy techniques as effective and appropriate intervention can manage TMJ dysfunction following dentistry.