

What are the most common symptoms of TMD? - Smile Solutions

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What are the most common symptoms of TMD? There is nothing more discomforting than waking up with a headache, having a poor night sleep and feeling low in energy throughout the day. Temporomandibular Joints (TMJ) are hinging joints that connects both sides of lower jaw to the temporal bones on either side of the skull. You can feel these joints if you place your fingers in front of your ears. These joints, along with several muscles, allow the mandible to move up and down, side to side, and forward and back. When the mandible and the joints are properly aligned, smooth muscle actions, such as chewing, talking, yawning, and swallowing, can take place. Dysfunction with the TMJ can be extremely painful to live with, it can affect the quality of our sleep and the quality of our daily life. Temporomandibular disorders (TMD) are disorders of the jaw muscles, temporomandibular joints, and the nerves associated with chronic facial pain. Any problem that prevents the complex system of muscles, bones, and joints from working together in harmony may result in temporomandibular disorder. TMD can be classified as: Myofascial pain- discomfort or pain within the muscles that control the jaw neck and shoulder function. Internal derangement of the joint- dislocation of the jaw, displaced disc or injury to the condyle Degenerative joint disease – including osteoarthritis or rheumatoid arthritis in the jaw joint The true cause of TMD is unclear, but it is believed to have various clinical, psychological, sensory, genetic, and nervous system factors that may put a person at higher risk of developing chronic TMD. Common symptoms of Temporomandibular disorders (TMD) include: Facial muscle pain/ tenderness Jaw pain/ discomfort – prevalent in the mornings Headaches Jaw locking Jaw clicking / popping Limited jaw movements Radiating pain behind the eyes, within the face, shoulders, neck and/or back Earaches or ringing of the ear Clenching or grinding of teeth Fatigue No two individuals with TMD experience the same pain symptoms. The intensity of pain can vary from mild to severe. TMD pain is typically most intense when chewing or walking up in the morning and is felt as discomfort of the jaw but can radiate to the head neck and shoulders causing migraines. If you believe you suffer from any of the symptoms of TMD consult with your dentists to ensure an appropriate diagnosis and management can be tailored to your individual needs. If you present to the dentist with signs of TMD a thorough medical and dental history will be taken, your jaw, facial muscles, soft tissues and teeth will be examined clinically to determine an accurate diagnosis of your symptoms. You may also have xrays taken to look at your jaws, TMJ and teeth to rule out any other problems. Depending on the complexity of your case, your dentist may direct you to a specialist in

the area for further care and treatment. Uncover more from Smile Solutions View Blogs General Dr Florina Besim 12 Apr 2023 Is TMD serious? Read More Specialist Care Smile Solutions 18 Aug 2026 Endodontist vs Dentist for Root Canal: Why It Makes a Difference Read More Specialist Care Dr Kia Pajouhesh 18 Aug 2026 Complex Dental Cases: What Happens When Multiple Specialists Need to Collaborate Read More General Dr Florina Besim 12 Apr 2023 Is TMD serious? Read More Specialist Care Smile Solutions 18 Aug 2026 Endodontist vs Dentist for Root Canal: Why It Makes a Difference Read More Specialist Care Dr Kia Pajouhesh 18 Aug 2026 Complex Dental Cases: What Happens When Multiple Specialists Need to Collaborate Read More General Dr Florina Besim 12 Apr 2023 Is TMD serious? Read More Specialist Care Smile Solutions 18 Aug 2026 Endodontist vs Dentist for Root Canal: Why It Makes a Difference Read More Specialist Care Dr Kia Pajouhesh 18 Aug 2026 Complex Dental Cases: What Happens When Multiple Specialists Need to Collaborate Read More View Blog Call Us 13 13 96 Location Level 1, 220 Collins Street Manchester Unity Building, Melbourne VIC 3000 Hours Of Service Monday – Friday: 8.00am – 6.00pm Saturday: 8.30am – 1.30pm Sunday: By Appointment Our Services General Dentistry Cosmetic Dentistry Orthodontics Specialist Care Dental Implants Children's Dentistry Emergency Dentistry Why Choose Us Our Team Media Awards Careers Technology Location Holistic Dentistry Quick Links Contact Us Articles Packages & Offers Dental Payment Plans Understanding Your Treatment Sitemap Privacy Policy Copyright © Smile Solutions. All Rights Reserved. This site is protected by reCAPTCHA and the Google Privacy Policy and Terms of Service apply. Close Our Services General Dentistry Dental Cleans and Hygienists Wisdom Teeth Emergency Dentistry Root Canal Tooth Fillings Chipped or Cracked Teeth Snoring & Sleep Apnoea TMD & Teeth Grinding Sport Mouthguards Dental Anxiety Cosmetic Dentistry Porcelain Veneers & Crowns Same Day Porcelain Veneers™ Composite Bonding Professional Teeth Whitening CEREC Restorations Invisalign® No Braces All-on-4® Dental Implants Gummy Smile Complimentary Cosmetic Consultation Orthodontics Invisalign No Braces Orthodontic Braces Children's Braces and Invisalign Jaw Surgery Dental Implants All-on-4® Dental Implants Conventional & Immediate Implants Dental Bridges Bone Grafting For Implants Dentures Specialist Care Oral & Maxillofacial Surgeons Prosthodontists Orthodontists Periodontists Endodontists Paediatric Dentists Complex Dentistry Children's Dentistry First Visit To The Dentist Children's Dental Emergencies Children's Braces and Invisalign Child Dental Benefit Schedule Kids Teeth Cleaning Tips Why Choose Us Our Team Our Location Technology Awards Holistic Dentistry Before After Gallery Payment Plans Packages & Offers Contact Us Call Us 13 13 96 Close Smile Solutions AI Assistant ■ Hello! I'm here to help you with questions about Smile Solutions. How can I assist you today? Popular questions: What services does Smile Solutions offer? How can I contact Smile Solutions What are your business hours? ■■ × 0 /1000 Contact Us Call Us 13 13 96 Location Level 1, 220 Collins Street Manchester Unity Building, Melbourne VIC 3000 Hours Of Service Monday – Friday: 8.00am – 6.00pm Saturday: 8.30am – 1.30pm Sunday: By Appointment Close Book Now