

DIAGNOSIS	TMJ ARTICULAR DISORDERS	MUSCLE DISORDERS	MYOFASCIAL DISORDERS
Diagnostic features	Pain localized to the preauricular area during jaw function. Usually presence of painful click or crepitus during mouth opening. Limited opening (<35 mm), deviated or painful jaw movements	Tenderness of masticatory muscles. Dull, aching pain exacerbated by jaw function or palpation	Diffuse, dull, or aching pain affecting multiple groups of muscles of the head and neck region, as well as other parts of the body
Diagnostic evaluation	Internal derangement of the TMJ with abnormal function of the disc-condyle complex and/or degeneration of the joint surface. Palpation is painful. Possible joint swelling in acute phases. MRI, CT of the joint may rule out tumors and advanced degenerative stages	Tenderness during palpation of masticatory muscles and tendons. Possible limited range of jaw movement and during passive stretching examination. Can be associated with a para-functional habit (bruxism—early morning pain)	Presence of trigger or tender points in one or more groups of muscles. Pain can radiate to distant areas with stimulation or not of the trigger points. Rule out presence of lupus erythematosus
Treatment	Patient education and self-care Medication: NSAIDs, non-opiate analgesics Physical therapy: exercise program Occlusal splints Oral maxillofacial surgery: arthrocentesis, arthroscopic surgery, open surgery	Patient education and self-care Medication: topical and systemic NSAIDs, non-opiate analgesics, muscle relaxants, antidepressants, (usually TCAs), anxiolytics, anticonvulsants, BTX, trigger point injections, vapocoolant spray Physical therapy: TENS, massage, exercise program Occlusal splints Cognitive-behavioral: biofeedback, relaxation, coping skills	Same as muscle disorders

### MFP 1st Tx

- Robaxin 500mg TID x 2 weeks
- Celebrex 200mg QD x 30 days
- Amitriptyline 10mg-25mg QHS x 30 days\*
- Physiotherapy
- Splint

### MFP 2nd Tx

- BTX, Physical Therapy referral, Counseling?

### TMD 1st Tx

- Robaxin 500mg TID x 2 weeks
- Celebrex 200mg QD x 30 days
- Amitriptyline 10mg-25mg QHS x 30 days\*
- Physiotherapy
- Splint

### TMD 2nd Tx

- MRI->Arthrocentesis->Disc repositioning/Discectomy->TJR(based on MIO)

# Dan Smith's Algorithm