

Contents

<i>Preface to the Second Edition</i>	ix
<i>Acknowledgements</i>	xi
<i>About the Companion Website</i>	xiii
1 About the Book	1
About temporomandibular disorders: what is a 'TMD'?	1
About the book	2
Chapter 2: Clinical aspects of anatomy, function, pathology, and classification	3
Chapter 3: Articulatory system examination	3
Chapter 4: I've got 'TMJ'	3
Chapter 5: I've got a clicking joint	3
Chapter 6: I've got a locking joint	3
Chapter 7: I've got a grating joint	3
Chapter 8: You've changed my bite	4
Chapter 9: I've got pain in my face	4
Chapter 10: I've got a dislocated jaw	4
Chapter 11: My teeth are worn	4
Chapter 12: I've got a headache	4
Chapter 13: I've got whiplash	4
Chapter 14: What's of use to me in practice?	5
Chapter 15: You and the lawyer	5
Chapter 16: The referral letter	5
Chapter 17: How to make a splint	5
Chapter 18: Bruxism: Current knowledge of aetiology and management	5
Chapter 19: Splint therapy for the management of TMD patients: An evidence-based approach	5
Chapter 20: Patient information	6
Appendix I: Flowcharts	6
Appendix II: Glossary of terms	6
Appendix III: Short answer questions	6
2 Clinical Aspects of Anatomy, Function, Pathology, and Classification	7
The joint anatomy, histology, structure, capsule, synovial membrane, and fluid, ligaments	7
The intra-articular disc (meniscus)	11
The bones of the temporomandibular joint	15

Mandibular (jaw/masticatory) muscles	16
Classification and Pathology	25
Diagnoses of TMDs	29
Further Reading	31
3 Articulatory System Examination	32
Examination of the temporomandibular joints	32
Mandibular (masticatory) muscle tenderness	39
Further Reading	50
4 I've Got 'TMJ'!	52
History	52
Examination	53
Special tests	55
Differential diagnosis	55
Management	56
5 I've Got a Clicking Joint	64
History	64
Examination	65
Other special tests	67
Treatment	74
The patient journey	79
6 I've Got a Locking Joint	82
History	82
Examination 1	83
Diagnosis	85
Treatment	86
TMJ locking	88
Conclusion	90
7 I've Got a Grating Joint	91
Examination	91
Diagnosis	92
Treatment	92
Final treatment plan	95
8 You've Changed My Bite	101
History	101
Examination	104
Treatment	104
Discussion	106
Conclusion	111
Further Reading	112
9 I've Got Pain in My Face	114
History	114
Examination	115

Differential diagnosis	116
Treatment	121
Questions to ask patients regarding pain in general	122
Further Reading	123
10 I've Got a Dislocated Jaw	125
Examination	126
Likely diagnoses	126
Management	127
11 My Teeth Are Worn	132
History	132
Examination	133
Diagnosis	135
Treatment	135
Important considerations in tooth surface loss	136
Further reading	147
12 I've Got a Headache	148
Examination	149
Radiographs	149
Articulatory system exam	150
Likely diagnosis	151
Management	153
Patient journey	154
Further Reading	155
13 I've Got Whiplash	156
Examination	157
Record-keeping	158
Are TMD and whiplash related?	159
Likely diagnosis	161
Management	161
14 What's of Use to Me in Practice?	164
Counselling and reassurance	165
Drug therapy	165
Physiotherapy	166
Splint therapy	168
Mouth prop	171
Occlusal adjustments	171
Does orthodontic treatment cause TMD?	175
Restorative treatment, the dentist, and TMD	176
The use of a facebow and semi-adjustable articulators	177
Radiographs	178
Further referral	178
15 You and the Lawyer	182
Case scenario 1: note and record-keeping	182

Case scenario 2: a medical report request	185
Case scenario 3: a disgruntled patient	188
Further Reading	191
16 The Referral Letter	192
Details	192
History	192
Request	194
Further Reading	194
17 How to Make a Splint	195
How do you make a stabilisation splint?	195
Fitting a stabilisation splint	205
How do you make an anterior repositioning splint?	211
Bite registration	213
Further reading	217
18 Bruxism: Current Knowledge of Aetiology and Management	218
Aetiology of bruxism	218
Definition of bruxism	219
Bruxism and TMD	220
Why bruxism (parafunction) is potentially damaging?	221
How much evidence about the efficacy of botulinum toxins on bruxism?	221
How can bruxism be managed?	222
Further reading	223
19 Splint Therapy for the Management of TMD Patients: An Evidence-Based Discussion	224
Stabilisation splint (SS)	225
Anterior repositioning splint (ARPS)	228
Mandibular advancement/snoring appliances	231
20 Patient Information	235
Stabilisation splint	235
Anterior repositioning splint	236
Use and care of occlusal bite splint	236
General advice for patients with a TMD	238
Exercise programme for patients with TMD	239
Appendix I Flowcharts	241
Appendix II Glossary of Terms	253
Further Reading	274
Appendix III Short Answer Questions	275
<i>Index</i>	277