

Temporomandibular (Jaw) Disorder



What is temporomandibular disorder?

- Pain and difficulty with movement of the jaw due to dysfunction in the muscles and underlying joints

Will my pain go away?

- The duration and severity of pain can vary from one individual to another
- Receiving treatment may relieve the pain and help you return to activities you enjoy

What can I do?

To help speed up your recovery:

- Participate in your care with your healthcare provider
- Continue day-to-day activities even if you experience some pain (within reason)

Potential treatment options to discuss with your healthcare provider

- Education
- Self-care management and pain coping skills
- Intraoral myofascial therapy
- Cognitive behavioural therapy

Contact your healthcare provider if you experience any of the following

- Swelling, malocclusion (misalignment of the teeth and jaw), limited movement of the jaw or mouth
- Inability to close the mouth
- Headaches
- Ear aches
- Symptoms of anxiety or depression

[Côté P, Shearer H, Ameis A, Carroll L, Mior M, Nordin M and the OPTIMa Collaboration. Enabling recovery from common traffic injuries: A focus on the injured person \(section 8\). Centre for Disability Prevention and Rehabilitation. January 31, 2015.](#)

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