

Temporomandibular Disorders – Jaw Pain

SCENAR Life – Information Document

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By Dr. John A. Haché DNM

Almost 10,000,000 North Americans experience jaw pain.

The goal of treatment for temporomandibular (TM) disorders is to relieve pain in the jaw and restore normal jaw movement and function. Several treatment approaches are effective. Often, simple home treatment with the SCENAR can successfully relieve jaw pain without medical or dental treatment. For chronic, muscle-related TM disorders, standard medical care can include muscle relaxation measures, biofeedback, stress management, or cognitive-behavioral therapy.



The National Institutes of Health (NIH) recommends conservative, noninvasive treatment measures for TM disorders. For first-time treatment of TM disorder symptoms, the NIH recommends avoiding invasive or irreversible procedures, such as surgery or dental/orthodontic work.²

Temporarily avoid dental work (such as crowns, bridges, or shaving down the teeth) and orthodontic treatments involving permanent changes to the jaw. At best, these measures may not work any better than conservative treatments. At worst, they can cause irreversible damage. If your health professional recommends surgery or other treatment that involves permanent changes, always get a second opinion before starting treatment.

Currently, health professionals generally agree that a malocclusion is unlikely to be the cause of a TM disorder.⁴ Similarly, orthodontics are no longer a recommended treatment for TM disorders.

Testimonials

I use S.C.E.N.A.R. everyday. I have good results with the prevention of root canals. I also use the device for TMJ treatment; best regards.

... Dr. Mark Stites.

We haven't put down the scenar since we got home. Amazing how many things we are using it on. We are feeling like it is a miracle in a box.

Mary M. Ziomek, D.D.S.

