TMJ Disorders and Tinnitus

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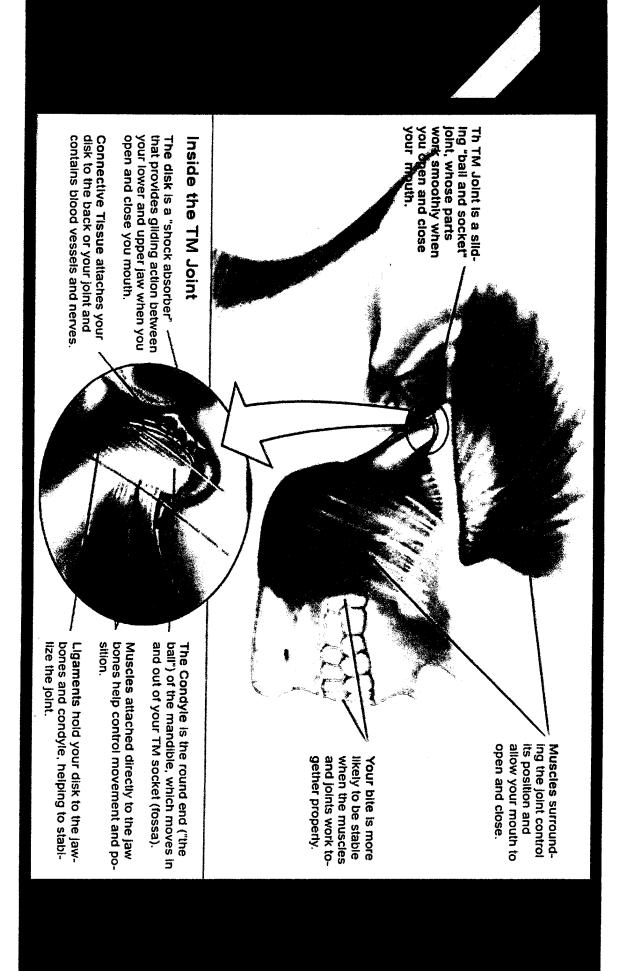
Signs and Symptoms of a TMJ Disorder

- -Clicking, popping, or grinding noises in the joints
- -Pain or discomfort when chewing, talking, or yawning
- -Feeling that your jaw wants to "stick" or lock
- -Frequent headaches, especially in the temple area
- -Detecting a change in your bite

Signs and Symptoms of a TMJ Disorder

-Soreness in or around the joint when you touch or lightly press it

-Ear discomfort, stuffiness, or tinnitus



How Does the TMJ Affect Tinnitus Three Theories

- affect hearing and tinnitus 1. Chewing muscles are near some of the middle ear muscles and may
- 2. There can be a direct connection between the ligaments that attach to the jaw and one of the hearing bones located in the middle
- connections with the parts of the brain that are involved with hearing 3. The nerve supply from the TMJ has been shown to have and the interpretation of sound

How Likely is it that Your Tinnitus is Related to TMJ Dysfunction?

you move your jaw or squeeze your teeth together? Does the frequency, intensity, or tone change when

disorder? Do you have other signs or symptoms of TMJ

Treatments

- -Medications/injections
- -Electric modalities
- foods) -Avoiding triggers (bad posture, avoid crunchy, or chewy
- -Splint therapy