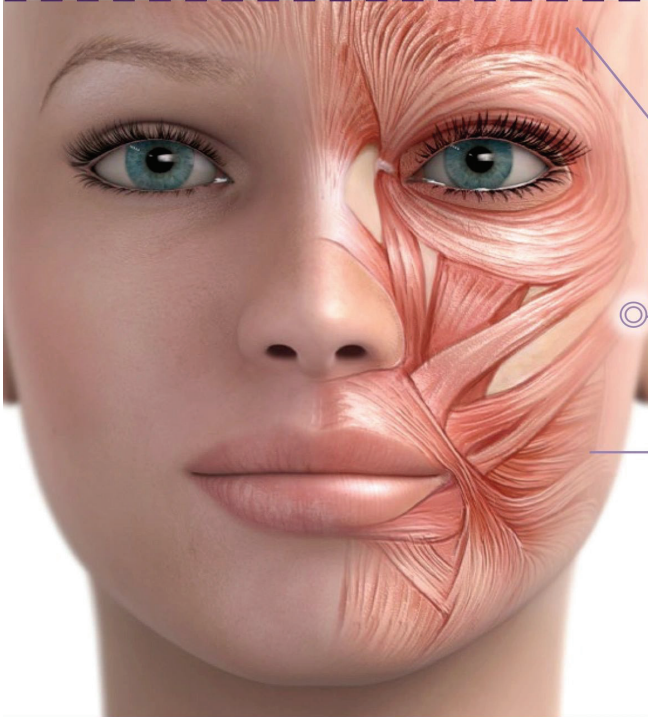


TMD vs TMJ

Temporomandibular Disorder (TMD) is caused by jaw, facial muscle, and joint problems. The joint responsible for chewing is called the temporomandibular joint (TMJ), and connects the temporal bone of the skull to the lower jaw.



SCIENCE behind TMD

The muscles and bones affected by TMD

- 1** TEMPORALIS MUSCLE
closes and retracts the mandible (jaw bone)
- 2** TEMPOROMANDIBULAR JOINT
connects the temporal bone of the skull to the mandible.
- 3** MASSETER MUSCLE
closes the jaw for chewing.

TMD CAUSES



clenching or grinding teeth



day-to-day stress

FACT: many TMD/TMJ issues can trigger migraines and chronic headaches.

TMJ REFERRAL CARD

Patient Name: _____ Referred by: _____

Appointment Date: _____ Time : _____

Symptoms (please check)

- Headache (Circle: Forehead Temples Lower Jaw Neck)
- TMJ Pain (Tender at Joint)
- Grinding at Night (Bruxism)
- Clenching
- Mouth Guard (Circle Y or N)
- Tooth Damage
- Other: _____



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