



# TEMPOROMANDIBULAR JOINT DISORDERS

- TMJ is the **jaw joint** that helps you open and close your mouth.
- TMJ problems can cause **jaw pain, clicking sounds, difficulty opening mouth,** or headaches.
- Pain may increase with **chewing hard foods,** stress, or jaw clenching.
- Most TMJ issues are **not serious** and can improve with simple care.

## Management – Easy Points

- **Soft diet** (avoid hard or chewy foods) helps reduce strain on the joint.
- **Warm compress** on the jaw relaxes the muscles.
- **Jaw exercises** given by the dentist/physiotherapist improve movement.
- **Avoid habits** like nail biting, teeth grinding, or chewing gum.
- **Stress control** helps because stress can cause jaw clenching.
- Pain can be managed with **simple painkillers,** if advised by the dentist.
- Severe or long-lasting cases may need **splints/night guards** or specialist care.

