

TMD (Temporomandibular Joint Disorder)

Do you or someone you know suffer from chronic pain in the jaw, face, head, neck or shoulders? This pain may be caused by a temporomandibular joint disorder (TMD).

What is a TMD?

The temporomandibular joint (TMJ) is the name of the joint located on either side of your head, just in front of your ears. These joints connect your mandible (jawbone) to your temporal bone (skull). The TMJ, which can rotate and move forward, backward and side to side, is considered one of the most complex joints in the body. This joint, in combination with other muscles and ligaments, lets you chew, swallow, speak and yawn. When you have a problem with the muscle, bone or other tissue in the area in and around the TMJ, you may have a TMD.

