

TREATING TMJ DISORDER

STEP 1: DIAGNOSIS

Our patient-driven practice uses unique and effective technologies to treat TMJ in Bloomington, MN. We can accurately diagnosis the underlying causes with:

K7 Evaluation System: An essential tool that provides us with three distinctly different technologies for measuring, displaying, and storing objective data on physiologic and anatomical function.

These three technologies include:

- **Sonography** for the capture and analysis of temporomandibular joint sounds.
- **Electromyography** for the evaluation and analysis of function of the muscles of the face and neck
- **Jaw Tracking** to determine and capture the correct neuromuscular position of the jaw.

This objective data enhances the diagnostic and treatment considerations with information not previously available.

J5 Myomonitor: A TENS unit designed especially for the Neuromuscular Dentist. Technically called a "Transcutaneous Neural Stimulation" device, the J5 relaxes the muscles of your face and neck to help determine the proper trajectory or "path of closure" for your jaw. TENSing is mild electrical stimulus of your facial and cervical muscles that typically is done over a period of 45-60 minutes.

STEP 2: TREATMENT

After you have had your neuromuscular evaluation, a special mouthpiece called an anatomical orthotic is created.

The orthotic is worn over the lower teeth and serves to properly realign your bite orthopedically to the muscles' most comfortable position. Once your muscles have become adjusted to this new position (usually over a period of 3-12 months), you will have several treatment options available to you:

- Orthotic Therapy
- Orthodontic Therapy
- Reconstructive Therapy
- Combination of any of the above