A study to evaluate the effectiveness of three different treatment modalities for management of temporo-mandibular joint disorders

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Introduction: Conventional management of Intra-articular disorders of the TMJ comprise Physical therapy in conjunction with splints as the primary method. Surgical management is considered in cases where no significant benefit has been obtained by conventional management. The purpose of this study was to evaluate the effectiveness of three different treatment modalities in management of patients with Internal derangement of the Temporomandibular joint.

Methodology: A total of 45 patients were divided randomly into 3 groups of 15 each. Group A was treated with Physical therapy and use of occlusal splint, Group B was treated with Arthrocentesis when the above two modalities did not reduce the symptoms and Group C received arthrocentesis in conjunction with physical therapy, followed by use of occlusal splint. Treatment outcomes were evaluated in terms of pain (VAS) and jaw movement (Maximum mouth opening) – before treatment and during follow-up at 2 weeks, 1 month, 2 months and 6 months.

Result: All three groups showed comparable outcomes. Group B showed improvement at a faster rate when compared to the other 2 groups. However, more sustainable results were observed in group C.

Conclusion: The simultaneous application of arthrocentesis and physical therapy followed by the use of occlusal splints led to a faster resolution of patient symptoms.

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