

## TMJ Specialist Coquitlam

TMJ is known as temporomandibular joint syndrome and it is a neuromuscular disorder directly connected to lower and upper teeth working. The coming together of upper with the lower jaw is classified as the "bite" or "occlusion" and it is an essential part of the arrangement that also involves the jaw joints, muscles, and teeth.

This specific structure needs to be properly balanced or else the muscles will get overstimulated and overworked. This may produce various symptoms or conditions to develop including facial pain or neck pain, dizziness, headaches, ringing in the ears (tinnitus), clenching and grinding of the jaw and teeth, sensitivity to hot and cold stimuli, insomnia, posture issues, and jaw joint pain or clicking.

The main purpose of Neuromuscular dentistry is to make certain jaw stability and balance, as well as establishing a better partnership among teeth, muscles and jaw joints. When the position becomes balanced most of the symptoms can be relieved and the issues could get better if not fade away permanently.

If you suffer from any of the signs and symptoms of TMJ or if you are considering major oral health treatment like dental reconstructions, aesthetic fixtures, and orthodontics you may want to consider consulting your oral health care professional about neuromuscular treatment.