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The effectiveness of specific physiotherapy in the treatment of temporomandibular disorders

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Abstract

The aim of this study was to evaluate the effect of individual specific physiotherapy in the treatment of temporomandibular disorders, its immediate effect and its effect after two months. The research sample was comprised of 23 subjects, 17 women and 6 men, with an average age of 36.5 years. They complained of pain, sound phenomena and restricted mandibular movements. The patients were first examined by a stomatologist who recommended physiotherapy. The effect of treatment was assessed according to the intensity of pain, the occurrence of reflex changes in soft tissues in the region of the masticatory muscles and digastricus muscle, the range of mouth opening and the intensity of sounds produced by mandibular movements. It was found that after treatment pain was significantly reduced ($p < 0.001$) at the temporomandibular joint (from 4.2 points to 0.7 point on the VAS). There were also fewer reflex changes in the muscles and fascias. The range of mouth opening increased significantly (from 37.3 mm to 41.3 mm, $p < 0.001$) and the intensity of sounds was reduced from 100% to 43% ($p < 0.001$). The finding shows that this state was maintained two months later: intensity of pain ($p < 0.001$), mouth opening ($p < 0.003$) and reduction of sound phenomena ($p < 0.001$). Pain was ameliorated, the intensity of sounds reduced, and the range of movement significantly improved after specific physiotherapy.

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