

Treating TMD can Fix a World of Problems

Jeffrey L. Brown

Sleep & TMJ Therapy, USA

It is the belief of the author that when the articular discs of the temporomandibular joints are displaced, this can cause pressure on the blood vessels and nerves throughout the area. This is referred to as TMD (Temporomandibular Joint Disorder). The comorbidities of TMD can include head and neck pain, breathing difficulties, and even such disorders as Tourette's Syndrome, Parkinson's, along with essential tremors. The authors have noted that the key to success in treating the TMD, and the associated comorbidities, involve successful diagnosis using MRI technology, muscle palpation, and a careful selection of proper appliances to level the glenoid fossa's while decompressing the articular discs. Unfortunately, too many patients end up suffering at the hands of a practitioner who does not understand the need to properly analyze and diagnose the true underlying condition. The authors, over the years, have each met countless patients who have been to dozens of doctors, only to discover there was an underlying TMJ problem. Dr. Brown recently met one patient who had been to 85 doctors prior to meeting him and in just a few months of treatment did extremely well.

In this presentation, it will be shown that not only is a great MRI needed, but there must be the ability to palpate the various muscles and cranial bones to determine any underlying cranial distortions. In addition, proper x-rays are used to confirm the suspected condition. Once the condition has been identified, then a treatment plan can begin. Dr. Brown and Dr. Stack are able to re-align the cranial bones and decompress the jaw joints at the same time. The goal with patients who have movement disorders is to take the pressure off the auriculotemporal nerve and reduce the noxious signals to the brain that cause the movement, or the 'tic' as it is called. This treatment is extremely effective and in only a small number of cases is any type of surgery considered. Dr. Brown is one of a small handful of practitioners in the world who treats his patients using the 'ALF' appliance. This is a specialty appliance designed to expand the upper and lower jaws, increase nasal patency, and make more room for the tongue which will decrease obstructive sleep apneas and improve sleep disordered breathing. All of this is tied into TMD treatment.

Biography:

Dr. Jeffrey Brown is a dentist in Falls Church, Virginia, whose practice is limited to the treatment of TMJ disorders. Dr. Brown sees patients who suffer from displaced articular discs in the jaw joint which cause whole body problems. In addition, his training in cranial bone distortion allows him to better diagnose the problems and how to treat accordingly. He is one of the few practitioners in the world who have trained for over 400 hours just on the ALF appliance alone. His focus is on TMJ disorders, cranial bone distortions, and their tie in to sleep disordered breathing. He has found that by looking at the patient as a 'whole person' and not just the teeth, that higher success are achieved.