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Orthopedic therapeutic in the treatment of displacement disc in TMD internal derangement

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Internal derangement due to TMJ disk displacement (DD) is a common disorder in general populations. Epidemiological studies in different countries show the high frequency of this condition. The evaluation of the alteration of the position of the joint disk considered disk displacement with reduction (DDwR) when the disk was displaced with the mouth shut but was reduced upon mouth opening, becoming located normally on the condylar head; and displaced disk without reduction (DDwoR) when the anterior disk displacement did not return to normal position upon mouth opening.

In the adult patient, treatment of disk displacement with reduction must as a general rule be limited to cases in which patients suffer from pain and/or momentary blockages. In addition, risk factors must be considered in those with systemic joint hypermobility and severe bruxism. They are treated using mandibular displacement occlusal splints (DODAM) that ensure normalized condylar-disk relation. In patients who are growing, behavior should be modified, and the prescribed therapy must be performed immediately and without exception upon detecting the first symptoms indicating the alteration of the position of the joint disk in order to prevent the generation of facial and/or condylar asymmetry. In case of disk displacement without reduction with TM close lock the patients must be treated with orthopedic device (RA.DI.CA).

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