

## 4<sup>th</sup> International conference on WOMEN ONCOLOGY AND WOMEN'S HEALTH

August 25<sup>th</sup>, 2022 | Webinar

### Effect Of Mouth Opening Device to Prevent Trismus in Patients with Head and Neck Cancer: A Short Review

Soumyajit Mandal<sup>1</sup> Prof. Aksh Chahal<sup>2</sup>

<sup>1,2</sup> *Maharishi Markandeshwar Institute of Physiotherapy and Rehabilitation, India*

#### Abstract

**Statement of the Problem:** Cancer of Head and Neck (CHN) is the seventh most common cancer across worldwide. A common complication is trismus, which devastates the patients quality of life. Trismus, refers to difficulty in opening the mouth or in jaw mobility. A patient has trismus when distance between their upper and lower central incisors is less than 35 mm when they open their mouth as wide as possible. **Methodology & Theoretical Orientation:** 33 research articles found with the key word head neck cancer and trismus and mouth opening using PubMed and Google Scholar from 2017 to 2022 were included in this review. **Findings:** After screening and removal of duplicates, a total of 3 studies were included on the basis of inclusion criteria. Two studies reported stretching devices to be effective in improving mouth opening in the CHN patients.

**Conclusion:** Results suggest exercise therapy in the form of stretching may significant role to prevent trismus in the patients with CHN.

#### Biography

Currently, Soumyajit Mandal is a student of Masters of Physiotherapy, speciality in Musculoskeletal at Maharishi Markandeshwar Institute of Physiotherapy and Rehabilitation (MMIPR), Maharishi Markandeshwar (Deemed to be University), Mullana-Ambala, Haryana, India

soumyajitmandal2204@gmail.com