



# TMD News

*A publication from the office of Bryan H. Burdette, DMD, MS*

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**We are pleased to present this edition of our newsletter  
on TMJ disorders (TMD) for your review.**

## TMD Program Summary

Education continues to be essential in providing the best possible care for our patients. With this in mind, we include a brief summary of the TMD program presented by Dr. Burdette and Ms. Hayes at the annual KDA conference.

### **An Evidence-Based Approach to TMD Diagnosis and Nonsurgical Treatment**

Research has shown that trauma can be a direct cause of TMD and suggests that parafunction, particularly bruxing, is often a primary factor in the development of TMD. Occlusal factors, once considered by many dentists as the primary etiology, have been studied exhaustively for over 40 years and exhibit only a mild association with TMD. The five occlusal conditions that may show a weak correlation are (1) skeletal anterior open bite, (2) overjet >6-7mm, (3) RCP/ICP slide >4mm, (4) unilateral lingual crossbite and (5) five or more missing posterior teeth.

The biopsychosocial model was presented as a multifactorial approach to assess and manage chronic-pain patients with TMD. This provides a multidimensional model to better understand the whole person and treat each patient as a unique individual rather than fitting everyone into a unifactorial model, such as the occlusal-etiology theory.

Participants at the program were shown how to perform a comprehensive interview of the TMD patient and a thorough evaluation of the masticatory system in order to arrive at an accurate diagnosis and an appropriate treatment plan. The fundamental tenet of "doing no harm" was emphasized by stressing the importance of choosing reversible and nonaggressive treatment options whenever possible instead of irreversible or surgical procedures.

Dr. Burdette closed the program with a discussion of the indications for splint therapy and the various types of treatment splints that can be designed and utilized as an important adjunct of nonsurgical TMD therapy.

**Our office strives to provide all facets of treatment for TMD and orofacial pain, beginning with a thorough history of each new patient by our Patient Advocate. Each patient then receives a soft-tissue examination by our Physical Therapist, followed by a clinical evaluation with Dr. Burdette. In addition, a stress analysis is provided by an on-site counselor if it is determined to be beneficial to the patient.**