Internal derangement of temporomandibular joint-Evolving concepts & management trends

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The Temporomandibular joint is a unique synovial joint with ginglymoarthroidal movements. Its significance lies in the fact that it is the most frequently used joint; involved in fundamental activities like eating, speaking and yawning. In addition to it has the exclusive distinction of its direct association with an individual’s reaction to stress and emotional imbalances.

This paper aims at discussing the evolving concepts in the understanding of internal derangement and its management. Internal Derangement (ID) encompasses a myriad of signs and symptoms involving the TM joint, the articular disc, the masticatory muscles, and related structures. Nearly 60-70% of population worldwide are afflicted by this clinical entity, in varying degrees. It affects not only the joints and the jaws but is often implicated in facial and neck pain.

Due to its anatomical & functional complexities there is a great deal of controversy regarding the diagnosis and therefore, the treatment of ID.

This paper would attempt at discussing the shifting paradigms between surgical and conservative methods, laying emphasis on the recent conservative yet effective approaches followed at SRM Dental College, Ramapuram. The presentation would compare the efficacy of traditional arthrocentesis and lavage with ultrasound guided arthrocentesis, and LASER bio-modulation of the TMJ. It would also include discussion on innovations in armamentarium and techniques employed in management of ID.

Biography

Dr. P. Elavenil graduated from Ragas Dental College (BDS), Chennai and completed her post-graduate training in Oral & Maxillofacial Surgery (MDS) from Meenakshiammal Dental College, Chennai affiliated to the MGR Medical University, Chennai. She is presently holding an academic attachment as Reader in the Department of Oral & Maxillofacial Surgery at SRM Dental College, Chennai. She has to her credit numerous invited presentations at national forums and has contributed extensively to text books for undergraduate dental education. Her fields of interest include Facial Trauma, TMJ surgery and Facial Esthetic Surgery.

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