Keywords:Temporomandibular Joint Disorders (TMD); Temporomandibular joint (TMJ); Orofacial pain; Jaw dysfunction; Chronic pain; Parafunctional habits; Central sensitization; Diagnosis; Imaging; Conservative therapy; Multidisciplinary approach; Regenerative medicine; Personalized treatment; Neuroplasticity; Systemic in ammation

Introduction

e temporomandibular joint (TMJ) connects the lower jaw (mandible) to the skull and is one of the most complex and frequently used joints in the human body [1]. It allows movements such as

e symptoms of TMD can vary widely in intensity and duration. Common symptoms include:

Jaw pain: Pain in the jaw joint is the hallmark symptom of TMD. e pain may be localized to the joint itself or radiate to the surrounding areas, such as the ear, neck, or temple.

Clicking or popping:

Practicing good posture, especially during activities that involve. continues to explore the underlying mechanisms of TMD, with the goal of improving diagnostic techniques, treatment options, and overall patient outcomes.

Conclusion

Temporomandibular Joint Disorders (TMD) represents a complex and multifaceted condition involving the jaw joints, muscles, and surrounding structures. e temporomandibular joints (TMJs) play an essential role in fundamental actions such as chewing, speaking, and swallowing, making any dysfunction in this area signi cantly disruptive to daily life. TMD encompasses a wide range of symptoms, from mild discomfort and clicking sounds in the jaw to severe pain, restricted movement, and chronic headaches. Despite its prevalence, TMD remains a challenging condition for both patients and healthcare providers due to the multifactorial nature of its causes and manifestations.

Temporomandibular Joint Disorders are complex, o en chronic conditions that require a comprehensive, individualized approach to diagnosis and treatment. e variability in symptoms and contributing factors makes it essential for healthcare providers to adopt a multidisciplinary approach, incorporating conservative and invasive treatments as appropriate. As research continues to uncover the underlying causes and mechanisms of TMD, future advancements in treatment may o er more e ective and targeted therapies, ultimately improving the quality of life for individuals su ering from this disorder. Addressing the physical, emotional, and psychological components of TMD will remain a critical aspect of comprehensive care, ensuring that patients receive the holistic support necessary to manage this challenging condition.Temporomandibular Joint Disorders represent a complex and multifactorial condition that a ects a signi cant portion of the population. Its impact on daily activities, physical health, and emotional well-being underscores the importance of awareness, early diagnosis, and a personalized approach to treatment. Ongoing research

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