

Alderete Chiropractic

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A Healthy Joint vs. TM Disorders

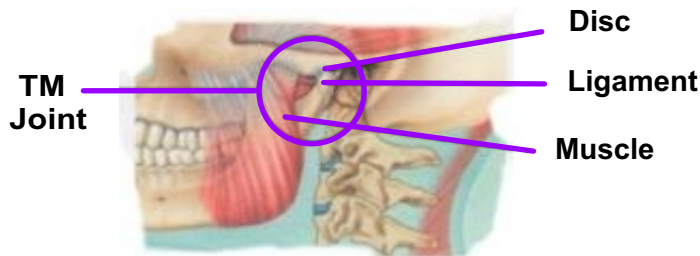
TM (temporomandibular) disorders, also called TMJ, affect the joint where your skull meets your lower jaw.

Stress, grinding or clenching your teeth, poor posture, or an injury can cause the joint to become misaligned. You may hear clicking sounds or have pain, stiffness, or a locked jaw.

Healthy Joint

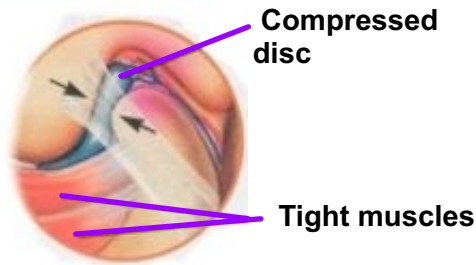
The TM Joint is a sliding ball-and-socket joint when you open and close your mouth, muscles contract and relax.

A cushioning disc allows the skull and lower jaw bone to glide more smoothly. Ligaments connect to the bones and keep the joint stable.



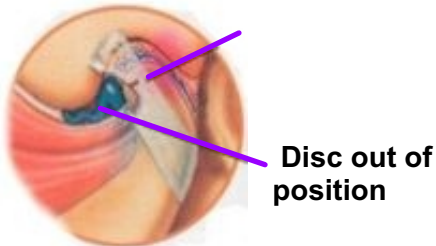
Compressed Joint

When the muscles tighten, the skull and lower jaw are pulled closer together (misaligned). This puts pressure on the joint, compressing the disc.



Injured Joint

An injury, such as a whiplash, can stretch or tear ligaments, which in turn pull the disc out of position.



Arthritic Joint

Arthritis is a degeneration of the joint, often resulting from an injury. The disc wears away, leaving the bones rubbing against and irritating the nerves.

