





# Temporomandibular joint dysfunction

Also called: TMJ, TMJ syndrome

Pain and compromised movement of the jaw joint and the surrounding muscles.

## Very common

More than 10 million cases per year (India)

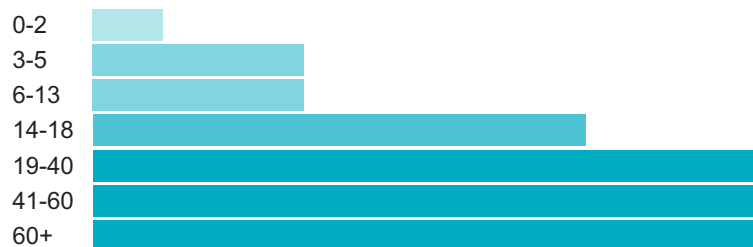
-  Treatable by a medical professional
-  Usually self-diagnosable
-  Lab tests or imaging rarely required
-  Medium-term: resolves within months

The temporomandibular joint or TMJ acts like a sliding hinge, connecting your jawbone to your skull. Dysfunction can lead to pain and discomfort.

Jaw pain, difficulty chewing and clicking and locking of the jaw joint are some of the symptoms.

Common treatments include medication, bite guards and physiotherapy.

## Ages affected



## Symptoms

### Usually self-diagnosable

Jaw pain, difficulty chewing and clicking and locking of the jaw joint are some of the symptoms.

### People may experience:

**Pain areas:** in the face, jaw, or mouth

**Pain types:** can be chronic

**Joints:** crackles, lockjaw, or tenderness

**Also common:** difficulty chewing or joint locking

Consult a doctor for medical advice

Note: The information you see describes what usually happens with a medical condition, but doesn't apply to everyone. This information isn't medical advice, so make sure that you contact a health care provider if you have a medical problem. If you think you may have a

medical emergency, call your doctor or a emergency number immediately.

**Sources:** Apollo Hospitals and others. [Learn more](#)