

Pain and dysfunction of the Masticatory System – an update

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Over the last decades, temporomandibular disorders (TMD) were better subclassified and the etiological concept shifted from anatomic-occlusal factors towards a biopsychosocial model focusing on physiology, behavioural aspects, and the importance of pain. Concomitantly, also the management of TMD changed from optimising bad function or bad “mechanics” (occlusal disharmony, temporomandibular joint disc displacement) using occlusal splints, grinding of the occlusion, “Phase II” treatment,...to a more behavioural and physical therapy approach, while occlusal splints are more considered an additional treatment to protect the teeth and to guard the orofacial system during the night.

This lecture will review the current approach in classification, etiological factors, diagnostics and management strategies for temporomandibular disorders and related pain.