

**Reset TMJ, Migraine & Sleep Apnea Care**

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**Frequently Asked Questions**

Our approach is holistic and physiologic, meaning we want you feeling great naturally in time. Please feel free to ask as many questions as necessary to be an informed and an integral part of your care. Our office does not subscribe to the psycho-social model cause of TMJ/TMD, which often relies on chronic use of medications, muscle relaxants, Botox to paralyze muscles, trigger point injections or other “symptom management” approaches.

**What is TMJ/TMD?**

TMJ is most correctly referred today as TMD, meaning Temporomandibular Disorder. The vast majority of scientific research clearly demonstrates that “your teeth and the way they bite together” is the primary driving cause of TMD symptoms, including TMJ clicking and popping, pain in the jaw joints, headaches, ear pain, jaw tiredness, neck strain, and teeth clenching and grinding.

**What does my bite have to do with my symptoms?**

Your lower jaw is a “floating bone”, meaning it is suspended in a hammock of muscles and tendons. The lower jaw relationship to the upper jaw, called the cranio-mandibular position, has a certain **physiologic ideal position** where TMJ joints, muscles, and nerves are not strained or compressed. Your teeth and bite, however, can develop, change, shift, or be lost over time independent of the lower jaw bone.

Your teeth are dominant, and TMJ joints, facial muscles, and head and neck position all move to accommodate that bite! This means your lower jaw will shift to a place where your teeth will come together as best they can. Unfortunately, that place is often not a good one for the health of your TMJ joints and surrounding muscles, causing clicking/popping, neck spasm, jaw fatigue, headaches and ear congestion, ringing, and vertigo. Teeth grinding, sensitive teeth, and even airway restricted breathing are also a result of a “bad bite” and the resulting jaw shift and torque. PLEASE SEE THE VIDEO WE HAVE INCLUDED FOR YOU.

**Exactly what can Reset TMJ, Migraine & Sleep Apnea Care do for me?**

Our office uses *Gneuromuscular (GNM) Orthopedic principles* to treat and fix TMD and headaches at their source by finding the long term optimized (symptom free) position for your bite and jaw. Once we use computerized jaw, bite, and EMG tracking to find this ideal position, we fabricate a “GNM anatomic orthotic” that establishes a comfortable bite position in a noninvasive, nonsurgical, and reversible manner. The GNM anatomic orthotic can be used short or long term to preserve symptom relief or may serve as an exact “template guide” for conservative permanent bonded or orthodontic dentistry, free of all appliances.

**Diagnostic and Treatment Technology at ReSet**

***T-scan Bite Analysis***

T-scan is a computerized “bite wafer sensor” which you simply bite into and the pressure sensor can show us on a computer screen the exact force, timing, and balance of each individual tooth and the resulting jaw shifting that creates TMJ compression, pain, clicking/popping, headaches and facial muscle spasm.This simple test is the first stepin the evaluation process we use to determine if your teeth and bite are directly related to your current TMD symptoms.

***“Myotronics K7” EMG, CMS Jaw Tracking, and Joint Sonography Technology***

The K7 is an FDA fully evaluated and approved system to assist in the complex diagnosis of TMJ/TMD. The K7 objectively measures your existing bite and jaw movements along with surrounding TMJ function and facial muscle hyperactivity and spasm. Using the K7, our office can see “the big picture” of not just your teeth, but the way entire surrounding head and neck functions are working with your bite. It can provide key information of not only what is wrong, but most importantly, *where the place is right for your bite and jaw to be so that pain and TMJ pathology are effectively treated.*

***Galileos Full Volume 3D Cone Beam CAT Scan.***

The Sirona Galileos CBCT is state of the art digital technology for full 3D evaluation of not only the teeth, but the entire head and neck regions at very low doses of radiation. Three dimensional scans also allow us to evaluate the TMJ regions closely, look for joint and articular disc disorders, displacements or the onset of TMJ arthritis.

***Guided Dental Implant Placement****:*

We can use 3D imaging to virtually place dental implants using software and images of your teeth and jaws, then placing the subsequent abutment/crown into the same image, and then checking everything before any actual surgery is done. A computerized 3D printed surgical guide is designed in the software that fully controls the depth, angle, and location of the dental implant for maximum safety and alignment.