



Conservative management of Temporomandibular Disorders (Tmds)

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Abstract:

Temporomandibular disorder (TMD) is a very common problem affecting up to 33% of individuals within their lifetime. It is a musculoskeletal disorder within the masticatory system. Many practitioners refer to TMD as a single disorder in spite of the fact that patients have various sub-diagnoses. Many severe TMD/Orofacial patients develop symptoms over many years, often starting with mild non-painful clicking of the jaws or tightness in the jaw/head/neck muscles. The goals of TMD management include decrease in pain, decrease in adverse pressure or loading on the jaw joints, restoration of function of the jaw and normal daily activities. These goals are best achieved by identifying all contributing factors and implementation of a well-defined management program to treat physical and emotional/psychological factors.



Biography:

Latika B. Chopra is an Oral physician and Radiologist. She completed her MDS in 2017 with a Gold Medal in her specialisation. She is certified in TMD disorders and sleep apnea from Smile USA. Dr Latika is currently serving as an Assistant Professor in SGT university and also practising at PKR healthcare. She is a avid reader and academician with many publications to her credit.

Publication of speakers:

1. Latika B. Chopra, Mandibular Fractures and their Radiographic Diagnosis, Acta Scientific Dental Sciences; 4.7 (2020): 161-171.

Webinar on Dental Health | September 19, 2020 | London, UK

Citation: Latika B. Chopra; Conservative management of Temporomandibular Disorders (Tmds); Dental Webinar 2020; September 19, 2020; London, UK