CCMD THERAPY
Cranial (head), Cervical (neck), Mandibular (jaw) Dysfunction

For two case histories involving this, go to Anna’s Case and/or Frank’s Case.

SUBJECTS COVERED:
Self Test
Facts about your bite
Why dentistry
References


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COULD YOUR BITE BE RELATED TO YOUR HEADACHES, SHOULDERTENSION, AND BACK PAIN?

SELF-TEST FOR BITE PROBLEMS:

Pain: Is it painful to open or close your mouth? Do you havefacial pain, headaches shoulder tension, or low back pain?

Clicking: Does your jaw click, grate, or make noises?

Bite: Do you have difficulty chewing or the feeling that your teeth don't fit together right?

Jaw: Does your jaw deviate to one side when you open your mouth or is it difficult to open it all the way?

Respiratory: Do you have difficulty breathing through your nose or wake up in the morning with a dry mouth?

Infections: Do you have reoccurring sinus or ear infections?

Posture: Do you have poor head, neck, and back posture?

Ears: Do you have ringing in your ears, dizziness, or difficulty clearing your ears?

Orthodontics: Did you ever have orthodontics, undergo extraction of teeth, or wear headgear?

Dental: Do you have several root canals, many crowns, or a complex dental history?

Note that these symptoms have numerous causes and may be unrelated
FACTS ABOUT YOUR BITE:

Patients suffering from head, neck, and/or jaw pain (CCMD) often present challenging cases to manage. In the past, negative or inconclusive findings often lead to prolonged drug therapy, oral surgery, a frustrating doctor-to-doctor search by the patient, and sometime an incorrect diagnosis of psychosomatic illness.

Today, with dentistry, new knowledge and technology, we can carry the diagnostic services one step further to identify the true cause of head, neck, jaw, and facial pain. Working together with the physician and other health care professionals brings effective "team management" to correct the problem.

WHY DENTISTRY?

The jaw is literally one end of the postural (skeletal) chain. An imperfect bite can, over time, result in tension in the muscles of the face and jaw. This condition, or the trauma of accidental injury, can result in a state of sustained elevation of activity of the jaw, face, and neck muscles.

The delayed onset of muscle spasm following whiplash injury is a prime example. Prolonged spasm of muscles can lead to chronic or transient muscle pain, often perceived in other areas as referred pain and thus subject to misdiagnosis.

One-sided twists or imbalances can be transferred down the skeletal chain to cause tension and pain in the shoulders, low back, or hips. We bring holistic, computerized, diagnostic skills to the health care team to address the special needs of the patient with head, neck, or jaw pain. Once accurately diagnosed, conservative but effective oral appliances, rather than surgery or drugs, are often the most effective for long term pain relief.
The information contained herein has been obtained from a variety of sources. This document is presented to increase awareness of the topic and educate the general public. It is not intended to be an extensive discussion of this subject, or to provide specific treatment guidelines.

REFERENCES

- American Academy of Head Neck and Facial Pain
- Chiropractic/Dental cotreatment of lumbosacral pain with temporomandibular (TMJ) joint involvement, Chinappi AS and Getzoff H JMPT Vol. 19 No. 9 November/December 1996
- Dr. Wesley E. Shankla: TMJ and Facial Pain Center, Columbus, OH
- Names of teeth: the names and numbers given to teeth using the Palmer notation
- Neuromuscular Approach to the TMJ, Jankelson, DDS
- Optimal Health Dentistry: Dr. Lavar Riniker’s web site
- Teeth to Body Chart: relation between specific teeth and joints, vertebrae, organs, endocrine glands, tissue systems, sense organs, and others.
- Temporo Mandibular Dysfunction and Acupuncture Energetics, David L. Lerner, DDS
- The Symbiotic Partnership of Dentistry and Craniosacral Therapy, Benjamin Shield, Ph.D.
- Tooth/Muscle Chart: relation between specific teeth and various muscles throughout the human body