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TMJ disorders

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By Chris Tighe at 3:19 pm, Nov 26, 2014

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Definition

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Causes

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Definition

By Mayo Clinic Staff

The temporomandibular (tem-puh-roe-mun-DIB-u-lur) joint (TMJ) acts like a sliding hinge, connecting your jawbone to your skull. TMJ disorders can cause pain in your jaw joint and in the muscles that control jaw movement.

The exact cause of a person's TMJ disorder is often difficult to determine. Your pain may be due to a combination of problems, such as arthritis or jaw injury. Some people who have jaw pain also tend to clench or grind their teeth, but many people habitually clench their teeth and never develop TMJ disorders.

In most cases, the pain and discomfort associated with TMJ disorders can be alleviated with self-managed care or nonsurgical treatments. Severe TMJ disorders may require surgical repair.

Appointments & care

At Mayo Clinic, we take the time to listen, to find answers and to provide you the best care.

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Temporomandibular joint

Symptoms

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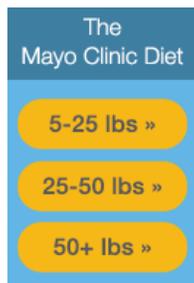
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