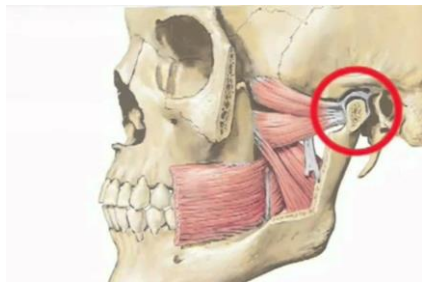


S&E Center Regenerative Modalities Treatments

TMJ Disorders Program

Thank you for considering *Spine & Extremities Center* for your care. Our contribution to your care will be utilizing the emerging non-invasive regenerative physical



medicine modalities of *Shockwave Therapy* and *Class IV (high intensity) Medical Laser Therapy*. This program is used for various causes of the group of conditions known as "TMJ Disorders", also referred to as TMJ Syndrome. This program is most often used after a dentist or oral surgeon has diagnosed your condition and you have failed or had continued problems after these initial treatments weren't fully effective.



Our modalities used for this protocol are Shockwave Therapy and Class IV Medical Laser.

PiezoWave^{2T}
Controlling Pain.
Restoring Motion.



Goals

Our goals for you in this program are to initiate and support a healing response in the damaged tissues to 1) decrease pain, 2) improve function, and 3) reduce the recurrence rate. Our modalities also typically result in more immediate reduction of pain by inhibition of multiple pain generating tissues that occur with TMJ Disorders.

There are many potential pain-generating tissues that can be contributing to your condition. During your evaluation and dynamically during your four treatments, multiple structures around the TMJ will continually be reassessed with our focused **Shockwave Therapy** source for treatment response and identification of chronic and emerging pain generators in your TMJ. These include:

- The articular disc and anterior/posterior bands and supporting tissue around the articular disc.
- Referred pain structures in the TMJ region and trigger points in these muscles.
- The bones/cartilage of the TMJ including the mandibular condyle and the articular fossa of the temporal bone.
- Supporting structures along the TMJ, particularly along the posterior capsule, can sometimes have a tear contributing to abnormal TMJ function.
- The synovium, a soft-tissue structure which produces lubricating fluid and nutritional support for the joint.



Class IV Medical Laser is added for its ability to increase blood flow and oxygen, and by its analgesic (pain relieving) effects through a process called photobiomodulation. It may also help modulate and accelerate the healing response initiated by **Shockwave Therapy**. It is performed each session following the **Shockwave** application. By stimulating regeneration of the tissue and ingrowth of new blood vessels to bring oxygen, nutrients, and healing chemicals to the area we hope to prevent or significantly reduce recurrences. The Medical Laser also has been shown to decrease tight muscles which can improve TMJ symptoms.



Summary of program and fees

Our protocol is **four (4) sessions** of combined **Shockwave Therapy** and **Class IV Medical Laser Therapy** over 6-7 weeks. This is performed by one of our staff members trained in these advanced modalities. The first session can often be performed on the initial visit. Subsequent visits are initially 1 week apart and as you progress these treatments will be spaced further apart as the healing/regenerative process occurs.

We typically only treat the symptomatic side. We offer a discount if both sides require treatment.

- ✓ **\$295 - Shockwave/Medical Laser**, one TMJ
- ✓ **\$560 - Bilateral TMJ Treatments**

General advice

In this program more so than in others, the initial **Shockwave** treatment often causes significant soreness in the treated TMJ for several days as the healing process gets initiated. This typically resolves and patients begin feeling improvement over the next several weeks. The healing process continues for several months after the last treatment, and patients typically experience continued improvement during that time.

We ask that you also continue conservative care that is medically accepted or was previously advised for your condition by a dentist or oral surgeon. Please avoid the use of ice during therapy, and do not take NSAIDS in at least the first 48 hours after a **Shockwave Treatment**. Attempt to avoid NSAIDS completely if possible. Tylenol can be used for pain.

Patients often have continued improvement in their symptoms for several months after the final session. Although most patients feel a very significant improvement in pain, increased range of motion, and improved function during the program, our treatments are also initiating a regenerative process and it takes time for the body to fully repair the chronically damaged tissue.

