

If the main chewing muscle are not able to fire with clenching, then there is an imbalance in the bite. Pain in any of the palpated muscles inside the mouth and facial areas may also be an indication that something is not balanced correctly or that the muscles are being asked to function too much. Catches, locks, clicks and pops in the joints are also indications of a bite imbalance, as well as the breakdown and remodeling of the jaw joints. These symptoms are carefully noted during the physical exam

Depending on the results of the exam and the reported history of pain or lack of function, we may recommend additional diagnostic testing such as dental imaging, MRI and CBCT to determine the extent of damage in the jaw joints; thermography to determine if inflammation is present and order lab mineral analysis in order to determine mineral status and take special measurements with special instruments to determine the exact amount of imbalance in the bite, jaw joints, and muscles of the face and neck. After reviewing all the collected data, a program will be designed for the patient to help alleviate pain and restore normal function and overall wellbeing.

Integrative treatments may include but not limited to;

- Oral orthotic therapy and splints
- Electro-acuscope (special muscle balancing and pain management device). For chronic headache related to overactive muscle function or extreme clinching and grinding

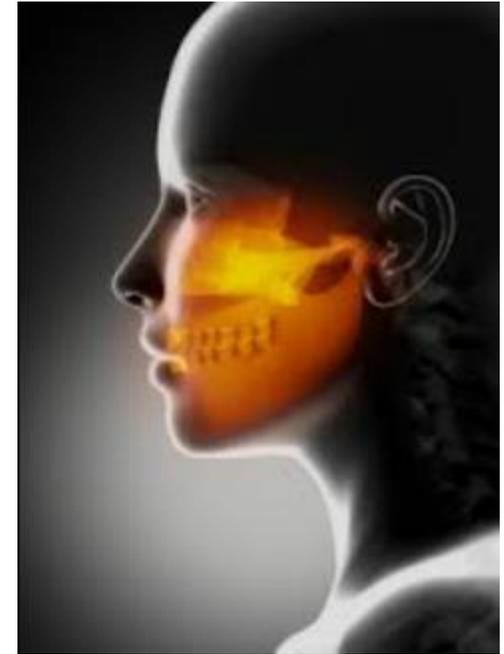
- Laser therapy
- Myofunctional techniques
- Biopton™ light therapy
- Nutritional counselling
- Practitioner directed exercises
- Mineral balancing
- Full mouth reconstruction (referral if necessary)
- Non-drug transdermal patches (muscle relaxation and stress management)
- Referral services to coordinate treatment for complex patients with unusual malformations of the jaws who may need surgery or/or orthodontic treatment.

Contact Us

Phone: 416 477 2395

Email: integoffice@gmail.com

Web: www.integrativehealth.info



***DENTAL, CRANIO-
MANDIBULAR
OROFACIAL MYO-
FUNCTIONAL
DISORDERS AND
MYOFASCIAL PAIN
SYNDROMES.***

*We provide dental Integrative
Medicine Treatment Options.*



s

Genetics can sometimes play a role in overall tooth position, but often a misalignment bite and jaws will begin with childhood allergies that initiate a habit of mouth-breathing, or orthodontics and dental restorations that don't take the muscles and joint position into account. Tooth extraction can also cause the teeth and jaw to shift, particularly if the missing teeth are not replaced promptly.

There are some neuromuscular conditions which cause spasms in the muscles of the spine, neck and face. For examples, MS, Parkinson's disease whiplash injury, some systemic diseases, osteoarthritis. The spasms cause torqueing of the dura mater and various muscles of the body.

Systemic Dental and Integrative Medicine approach for Cranio-mandibular, Orofacial Myofunctional disorders and myofascial pain syndromes.

In an ideal system, the teeth should hit solidly and evenly in the back but not touch in the front unless you are moving the lower jaw forward to bite into something like an apple or sandwich.



The large cheek muscles drive the chewing action and the TMJs, or jaw joints, should swing freely through the process. However, if the teeth are aligned in a way that forces the lower jaw backwards, the cheek muscles are foreshortened and unable to fire correctly, requiring other muscles to try and take over. As the lower jaw moves further back into the face, the TMJ often becomes compressed. The cartilage disc that should move freely with the lower jaw as it opens and closes may even become displaced and slowly begin to change shape over time. Clicking, popping, locking, joint pain, headaches, and even ear or eye pain can often be the result of a compressed joint and compromised muscles of face and neck.

Integrative Exam.

The first diagnostic tools that we use to determine if the facial muscles and jaw joints are functioning with your bite correctly is a muscle and joint palpation. We will ask the patient to open, close, and clench the teeth as we physically feel for function in the different facial muscles and the TMJs.

Cranio-mandibular disorders Myofunctional and Myofascial Pain Syndromes.

The focus of integrative neuromuscular dental wellness is not just your teeth and gums, but with the entire functional system that allows you to chew, swallow, speak, sing, kiss, yawn or smile – basically anything you do with your mouth and facial muscles. Specifically, that system includes the teeth, as well as the jaw joints used to open and close your mouth and all muscles of the face neck and the dura mater. By considering the position of the teeth in relation to the optimal function of the joints and muscles of the face head and neck. In this clinic, we seek to restore a balanced relationship within the neuromuscular component of face, jaw and its relationship on how the head is balanced on the neck.

Most cases of misalignment are the result of an overall tooth position that requires the lower jaw to retract backwards into the face to make the molars fit together for chewing.

