

Pain in the Head (headaches), Neck & Shoulders.

Often, unstimulated pain in the head, neck and shoulders may be muscle dysfunction related to malaligned occlusion. This syndrome is described as temporomandibular dysfunction (TMD). Innumerable causes are related to head and neck pain, and patients are advised to contact their dentist as soon as possible before making any conclusions, to confirm that the pain they are experiencing may or may not be related to occlusion (bite).

Pain related to occlusion and jaws is most common in the following locations: sides of the head (temples), sides lower jaw (cheeks), lateral sides of neck, back of head, top of shoulders and upper back. Pain in one or all of these locations may be present at the same time. Usually, head pain (headaches) is not related to the jaws if it is in the eyes, nose, forehead, or top of the head. If pain is present in these locations, you probably do not have a jaw problem. Numerous diagnostic methods may be necessary to confirm that the pain is related to the jaw. Although there are many sophisticated treatment methods for muscle pain (headache) related to occlusion (bite), the simple, more common treatments are listed below:

1. Occlusal splint (bite splint)
2. Occlusal equilibration (bite adjustment)
3. Physical therapy
4. Muscle relaxants
5. Transcutaneous electrical neurostimulation
6. Hot or cold packs
7. Do nothing