

Flex Therapist CEUs

Temporomandibular Disorders - Treatments and Outcomes

Reported concepts for the treatment modalities and pain management of temporomandibular disorders

1. The most important stage of a treatment protocol is education with cognitive awareness training and relaxation therapy as well as self-observation that should be completed by patients with masseter hypertrophy, tension-type headaches, or bruxomania.

- A. True**
 - B. False**
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2. Active and relaxation exercises have been shown to improve which of the following in masticatory muscles?

- A. Range of motion**
 - B. Deviation**
 - C. Pain**
 - D. All of the above**
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3. All of the following pertain to massage therapy, except for:

- A. Massage reduces tissue swelling as well as pain in TMD patients.**
 - B. The pressure used during massage must not be too intense.**
 - C. The pressure used during massage should decrease over time in each therapeutic session.**
 - D. Massage should be performed twice a week, with a minimum of 30 minutes for each session.**
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4. The mobilization technique is used when limited movements of the mandible are observed and caused by soft tissue damage.

- A. True**
 - B. False**
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Comparison of self-reported pain intensity, sleeping difficulty, and

treatment outcomes of patients with myofascial temporomandibular disorders by age group: a prospective outcome study

5. This study found that young patients are more likely to have mild symptoms and their symptoms are easy to treat, whereas older patients are more likely to show severe symptoms, which are difficult to treat.

- A. True**
 - B. False**
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6. TMDs show a female preponderance at all ages.

- A. True**
 - B. False**
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7. Conservative treatment methods are effective for myofascial TMDs for:

- A. Older patients**
 - B. Young patients**
 - C. Both older and young patients**
 - D. Neither older nor young patients**
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8. Although pain intensity associated with myofascial TMDs do not differ by age, which of the following experience greater sleeping difficulty?

- A. Older patients**
 - B. Younger patients**
 - C. Both experience equal sleep difficulty**
 - D. Neither experience sleep difficulty**
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