

TMD/ TMJ – Jan Tuner

In my experience laser therapy of TMD is very effective, if used in combination with traditional therapies. As for the actual TMJ - only 2-3 J per point, 2-3 points are needed since the joint is superficial and small. More often the TMD problems are in the muscles, the lateral pterygoid in particular. For muscles 6-12 J per point is reasonable, sometimes more. When the patient can feel a distinct improvement of the palpation pain, then the dose is OK. It is not necessary to gain complete freedom of pain, just to start the process. Infrared, not less than 100 mW is recommended. A lot can be done with weaker lasers