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FROM DIAGNOSIS TO RECOVERY: THE LATEST INNOVATIONS IN INTERNAL DERANGEMENT MANAGEMENT

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Dr. Kanishkar Gopi*

Intern ,Department of Oral Medicine and Radiology, Adhiparasakthi Dental college and Hospital, Melmaruvathur. *Corresponding Author

Dr. Deivanayagi

Head Of the Department, Department of Oral Medicine and Radiology, Adhiparasakthi Dental college and Hospital, Melmaruvathur.

Dr. Mukundh Chaithanya

Lecturer, Department of Oral Medicine and Radiology, Adhiparasakthi Dental college and Hospital, Melmaruvathur.

ABSTRACT

Internal derangement refers to a range of pathologies that can occur within the temporomandibular joint (TMJ). Recent advances in understanding and managing internal derangement have been made in areas such as imaging modalities, surgical techniques, and non-surgical treatments. Imaging modalities such as MRI and CBCT have allowed for better diagnosis and assessment of internal derangement, while advancements in surgical techniques have improved outcomes and reduced the need for open surgery. Non-surgical treatments, such as physiotherapy and splint therapy, have also shown promising results in managing internal derangement. This article provides an overview of these recent advances in internal derangement and their implications for clinical practice.

INTRODUCTION:-

Internal derangement is a prevalent disorder that interferes with the usual function of the temporomandibular joint. The dislocation of the joint disc from its normal position produces a variety of symptoms including pain, popping, and restricted jaw mobility. This is a multifactorial, complex illness that affects people of all ages and has a significant effect on their quality of life[1]. A disruption in the delicate equilibrium of the joint elements, which include the articular disc, the condyle, the temporal bone, and the surrounding soft tissues, causes an internal derangement. Possible reasons include trauma, parafunctional habits, excessive mobility, joint deterioration, and congenital anomalies[2]. The pathophysiological mechanisms of the disorder are unknown, and healthcare workers face significant difficulties in identifying and managing it. Recent improvements in imaging techniques, as well as our understanding of the temporomandibular joint's complex anatomy and biomechanics, have facilitated the diagnosis and treatment of temporomandibular joint internal derangement[3]. These conditions can initially be treated conservatively with methods that include occlusal splint therapy, physiotherapy, drug therapy, and occlusion treatments[4]. If conservative treatment fails, minimally invasive treatments like sodium hyaluronate or corticosteroid infiltrations and arthrocentesis are done, as well as invasive treatments like arthroscopy, arthroplasty, arthrotomy, discectomy, and condylotomy[5]. We provide a comprehensive overview of the clinical features, pathophysiology, diagnosis, and treatment of temporomandibular joint internal disorders in this review article.

Clinical Features:-

The most common intra-articular abnormality of the TMJ is internal derangement, which has been described as an abnormal position of the disc relative to the mandibular condyle and temporal eminence[5]. Internal derangement has an unknown etiology, but females are three to five times more likely to suffer from it, and signs usually appear by the fourth decade[6]. Internal derangement symptoms include joint pain, crepitus, limited mouth opening (locked jaw), and discomfort in the ear and around the TMJ[7]. During the event of mouth opening, disc derangement with reduction frequently produces a painless clicking or popping sound[8]. Pain may occur, especially when eating hard foods[9]. Patients are frequently embarrassed because they believe others can hear them chew[10]. If the disc returns to the head of the condyle at some time during the joint's excursion, the derangement is considered to be a reduction[11]. About one-

third of the populace suffers from nonpainful derangement with a reduction. Clinical examination is used to determine internal TMJ derangement. The mandible must be observed when the mouth is opened to diagnose disc derangement with a reduction[12]. When the jaw opens more than 10 millimeters, the disc pops backward over the condyle, causing a click or pop to be heard or felt[13].

Diagnosis:-

A comprehensive history and clinical examination are the first steps in detecting internal derangement of TMJ. The patient is questioned about their symptoms, such as the location, duration, intensity, and frequency of pain, as well as any accompanying symptoms such as headaches and migraines, ear pain, or tinnitus (ringing in the ears). The joint and the tissues that surround it are palpated to detect discomfort, swelling, or muscular spasm. The "joint click" test is used to assess whether or not the joint is clicking or popping during jaw movement.[13]Imaging investigations are frequently utilized for confirming the diagnosis of internal derangement of TMJ and to determine the extent of the injury. X-rays can reveal bone alterations such as osteoarthritis and condylar fractures. They are, however, less helpful in detecting soft tissue anomalies.[10]Magnetic Resonance Imaging (MRI) is a non-invasive imaging technique that produces detailed images of TMJ structures such as the articular disc, condyle, and surrounding soft tissues. It aids in the diagnosis of disc displacement and the identification of any accompanying joint effusion or inflammation.[11] Cone beam CT scans provide detailed views of the bone structures of the TMJ, such as the condyle of the mandible and fossa. It aids in the diagnosis of bone anomalies such as condylar fractures and malignancies [15].

Arthroscopy is a form of minimally-invasive surgical treatment that enables direct visualization of the structures of the TMJ. It is typically used for cases where other diagnostic approaches have failed or when surgery is required for therapy. A small camera is placed into the joint through a small incision during arthroscopy, allowing the dentist or surgeon to visualize the joint and diagnose any abnormalities.

Management:-

The management of internal derangement of TMJ is determined by the degree of severity of the condition as well as the patient's symptoms.[12]Conservative therapy consists of non-surgical treatments such as hot and cold compresses, jaw exercises, a diet rich in soft foods, and anti-inflammatory medicine. These therapies aim to alleviate pain, inflammation,

and muscular spasms[14]. Occlusal splint therapy uses a custom-made dental appliance to correct the bite and relieve strain on the TMJ. Splint therapy is very beneficial in cases of disc dislocation with reduction.

Arthrocentesis is a minimally invasive technique that cleanses the joint with a saline solution to eliminate debris and inflammatory cytokines.[13] In some circumstances, this treatment is useful for lowering discomfort, increasing jaw function, and restoring disc position. Corticosteroids or hyaluronic acid injections can be used to alleviate inflammation and pain.[16] Hyaluronic acid injections can also aid in joint lubrication and healing. Surgery may be necessary in severe cases where all other treatments have failed.[10] The specific condition will determine the type of surgery, which can vary from arthroscopy to open joint surgical procedure. Arthroscopy, a minimally invasive surgical approach that permits visualization and therapy of the TMJ through small incisions, is a recent advancement in the treatment of internal TMJ derangement[17]. Arthroscopy provides various advantages over open joint surgery, including reduced postoperative discomfort, quicker recovery, and fewer complications[19].

DISCUSSION:-

In recent years several advancements have been introduced in the management of the internal derangement of TMJ.[16] These advancements have been proven to have beneficial results in improving the symptoms and quality of patients' lives. The following are some of the recent advances in the management of internal derangement.

Regenerative Medicine:

Regenerative medicine is a rapidly developing field in which biological materials are used to enhance the body's own healing mechanisms. Regenerative medicine techniques have already shown promise in helping to promote tissue repair and decrease inflammation in the management of temporomandibular joint (TMJ) internal derangement.[16]

Platelet-rich plasma (PRP) therapy is one regenerative medicine technique that has been used to treat internal TMJ derangement.[15] PRP is a concentrated combination of platelets, growth factors, and cytokines obtained from the patient's own blood.[14] It is made by taking a minimal quantity of the blood of the patient and centrifuging it to split the platelets from the other blood components. The derived PRP is then injected into the TMJ to enhance healing while decreasing inflammation.[18]

Several studies have been conducted to investigate the application of PRP therapy for the management of TMJ internal derangement. PRP therapy enhanced jaw function, reduced pain, and reduced the need for additional treatments in patients with internal TMJ derangement, according to one study. Another study discovered that PRP therapy was efficient in relieving pain joint function in patients with TMJ osteoarthritis. Stem cell therapy is yet another regenerative medicine approach being researched for the treatment of TMJ internal derangement.[16] Stem cells are undifferentiated cells that can differentiate into different cell types and promote tissue repair. In promoting healing and reducing inflammation, stem cells are injected into the TMJ.

Computer-aided TMJ Surgery:

The acquisition of high-resolution computed tomography (CT) or magnetic resonance imaging (MRI) scans of the patient's TMJ is the first step in computer-aided TMJ surgery.[18] These scans are used to produce a three-dimensional (3D) model of the joint that can be used to plan the surgical procedure.[17] The 3D model may also be utilized to produce patient-specific surgical guides and templates, which can be used during the procedure to ensure that instruments and implants are correctly placed. This can

help doctors avoid damaging vital structures like nerves and blood vessels during surgery.[18] Computer-assisted surgery can also assist to shorten the procedure's duration and the amount of anesthesia required, decreasing the likelihood of complications. A variety of TMJ procedures, which include arthroscopy, arthroplasty, and total joint replacement, have been performed using computer-aided TMJ surgery.[18] Computer-aided surgery has been shown in studies to improve the accuracy of TMJ implant surgical placement, decrease surgical time, and reduce postoperative complications such as implant malposition and loosening.[16]

3D Printing Technology:

One of the most important applications of 3D printing technology in TMJ treatment is the creation of patient-specific surgical guides and implants[18]. By developing patient-specific surgical guides and implants, 3D printing technology can increase the accuracy and precision of TMJ surgery. Such guides and implants may be created using CT or MRI images from patients that have been transferred into 3D modeling software. The surgeon can then utilize the software to create a personalized surgical guide or implant based on the patient's anatomy. Surgical guides may be utilized to assist and guide the placement of surgical tools during TMJ surgery. Such guides can assist in making sure that the instruments are put in the precise area and at the perfect angle, which can increase surgical precision.[17] Implants manufactured with 3D printing technology may be precisely tailored to the patient's anatomy. Another possible approach of 3D printing technology in TMJ treatment is the production of personalized orthotics[19]. Conventional orthotics are often painful to patients.

Neuromuscular Dentistry:

Neuromuscular dentistry is a complete examination of the patient's bite, including the location of the teeth and jaws. This can aid in identifying any underlying functional or structural abnormalities that may be related to TMJ derangement[19]. For instance, if a patient has a malocclusion, this might put extra strain on the TMJ and lead to its dysfunction. After determining the root cause of the problem, a neuromuscular dentist may create a treatment plan that tackles the underlying difficulties. Orthodontic therapy to rectify a malocclusion, restorative dentistry to repair broken teeth, or the use of a splint or oral appliance to realign the jaws and reduce tension on the TMJ may all be involved. Neuromuscular dentistry needs constant monitoring of the patient's progress to verify that the treatment plan is effective. Treatment may include periodic modifications to the oral appliance or splint, as well as regular follow-up appointments to assess the patient's symptoms and make any required changes to the treatment plan[20].

CONCLUSION:-

There have been substantial advancements in the treatment of temporomandibular joint internal dysfunction in recent years (TMJ). These advancements have primarily been driven by a greater knowledge of the underlying pathophysiology and the development of novel treatment approaches. Arthrocentesis and arthroscopy are two minimally invasive procedures with promising results in the treatment of internal derangement. They enable joint imaging and manipulation, in addition to the elimination of debris and inflammatory mediators. In many patients, these treatments have been shown to enhance symptoms and functional results. Moreover, intra-articular corticosteroid and hyaluronic acid injections have been demonstrated to be beneficial in relieving inflammation and pain associated with TMJ internal derangement. Physical therapy as well as the creation of novel orthotic devices are two further advancements in the treatment of TMJ internal derangement. Physical therapy can aid with joint mobility, muscular strength, and coordination, while orthotic devices can aid in stabilizing and enhancing

the position of the joint. Overall, recent advancements in the therapy of TMJ internal derangement have given doctors a wide choice of successful therapeutic options. With ongoing research and development, much more efficient and minimally invasive therapies are anticipated to become accessible in the future.

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