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Effect of physiotherapy plus dry needling for temporomandibular joint closed lock and filling the face slot: A rare case report

Fakhralsadat J Mousavi

Jondi Shapour University, Iran

TM joint dysfunction is one of the most complicated musculoskeletal dysfunctions in the body especially because of TM joint role in eating and speaking. This problem becomes more complicated when the mouth is closed for several months. A ten-year-old girl, suffering from temporomandibular (T.M) joint dysfunction for six months, has been admitted to my clinic in December 2016. Her main complaints were pain and closed jaw with a big slot caused by fungi on the anatomical site of Zygomatic muscles, Risorius muscle, Orbicularis Oris muscle and Buccinators muscle which caused her difficulties in eating and talking. My treatment protocol was electrotherapy (FES current and ultrasound), infrared and low power laser therapy, and dry needling connected to electrical stimulation, exercise and massage, and it was planned for five days a week, with each session approximately lasting for four hours. The aim of my intervention was to open the mouth with minimum pain, close the slot as fast as possible, and prepare the patient for her essential surgeries. After a period of nine-month treatment, the slot becomes closed and the mouth was able to open enough for primary surgeries. My goal in writing this article is to demonstrate the critical role of physiotherapy and dry needling in improving the patient's quality of life and helping her to prevent permanent and future disabilities and a tragic life.

fakhryjm@gmail.com