Introduction: Temporomandibular Joint Disorders/Dysfunctions (TMJD) were first described in ancient Egyptian literature. The condition has been reported in the medical/dental literature under a variety of terms and syndromes. TMJD is the currently accepted term for a variety of conditions in the head, neck and temporomandibular joint areas.

Materials and methods: A systematic review and search of the literature produced the following results:

The information obtained from these sources in conjunction with clinical training was the basis for the development of the currently described protocols.

Results: The current treatment protocols for TM Joint injections utilize homeopathic solutions, B vitamins, procaine and gaseous ozone. These protocols have been used and modified since 2001. The results have demonstrated a significant reduction in the pain levels and improved function of the TM Joint.

Conclusion: Using gaseous ozone in therapeutic combinations of anesthetics, homeopathics and B vitamins have produced positive outcomes in the management of the majority of the very difficult to treat population of head, neck and TMJD patients.

References: