



**“PHYSIOTHERAPY IN THE MANAGEMENT OF
MYOFASCIAL PAIN DYSFUNCTION SYNDROME - A
FOLLOW UP STUDY”**

by

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Dissertation Submitted to the
Rajiv Gandhi University Of Health Sciences, Karnataka, Bangalore

In partial fulfillment
of the requirements for the degree of

MASTER OF DENTAL SURGERY (M.D.S.)

in

ORAL MEDICINE & RADIOLOGY

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DHARWAD**

MARCH 2007

ABSTRACT

Background and objectives : Myofascial Pain Dysfunction Syndrome has been recognized as the most common non-tooth related Chronic Orofacial pain conditions that confront dentists. A variety of therapies have been described in the literature for the management. The reversible therapies commonly used for the management of TMD include Physiotherapy, Pharmacotherapy (antidepressants, muscle relaxants, analgesics), Occlusal appliances and Psychological therapy (cognitive behavioural therapy).

The present study is a prospective study carried out to evaluate the efficacy of Physiotherapy (Ultrasound, TENS LASER, exercise, massage, hot compresses) and compare the same with Pharmacotherapy (Analgesics & Muscle Relaxants) in the management of Myofascial Pain Dysfunction Syndrome.

Methodology: Total of 40 patients diagnosed as Myofascial Pain Dysfunction Syndrome according to signs and symptoms described by LASKIN were included in the study and were randomly assigned to one of the two groups of 20 subjects each. Group A patients received a combination of Muscle Relaxants & Analgesics and Group B patients received either a Ultrasound, TENS or LASERS. All the patients were evaluated for GPI, VAS, Maximum comfortable mouth opening, TMJ tenderness during rest and movements, and Number of tender muscles at the time of Diagnosis, Immediately after treatment and Every month for three months.

Results: All the parameters showed significant improvement in Physiotherapy Group i.e reduction in GPI & VAS scores, Increase in mouth opening and Decrease in number of tender muscles, both immediately after treatment and during the follow period as compared to Pharmacotherapy group.

Interpretation and conclusion: Physiotherapy having the advantages of better patient compliance, lack of side effects can be chosen for treatment of patients with Myofascial Pain Dysfunction Syndrome for better long-term results.

Keywords: MPDS; Physiotherapy; Pharmacotherapy ; Ultrasound; LASER; TENS.