

# Comparing the demographic profile and self-reported lifestyle and medical histories of female patients diagnosed with temporomandibular disorders to those diagnosed with other musculoskeletal disorders

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## PURPOSE

- To investigate the demographic profile and self-reported lifestyle and past medical histories of female patients diagnosed with TMD.
- To compare the data with those of female patients diagnosed with other musculoskeletal disorders (MSD) related to the spine or extremities.

## BACKGROUND

- Musculoskeletal involvement of the temporomandibular joint (TMJ), masticatory muscles and associated structures are collectively known as a temporomandibular disorder (TMD).
- Women seek treatment for TMD much more often than males.
- To date, studies have focused on patients seen in the dental office or pain center.

## SIGNIFICANCE

- This study is the first to describe and compare the experiences and presentations of a female population of patients with TMD to a female population of patients with other MSDs seen in a physical therapy outpatient practice.

## DESIGN

### Retrospective Study

#### Data Collection Period:

- April 2007 to April 2008
- November 2008 to May 2009

## DATA COLLECTION INSTRUMENT

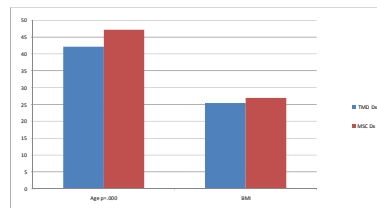
- Physiotherapy Associates Medical History Questionnaire

## DATA ANALYSIS

- Measures of central tendency were used to describe the data.
- One-way ANOVA was used to assess differences between the two diagnostic groups.

## SUBJECTS

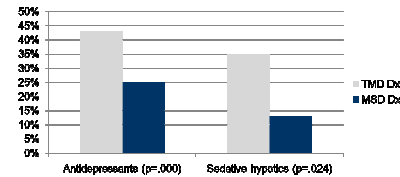
- N=844 patients from one outpatient physical therapy practice
- 422 female patients with TMD diagnoses referred by practitioners in the dental profession
  - mean age 42.2 (range 8-80, SD 15.76)
  - BMI: 25.4
- 422 female patients with MSD diagnoses of the spine or extremities referred by practitioners in the medical profession
  - mean age 47.1 (range 12-91, SD 15.92)
  - BMI: 26.9



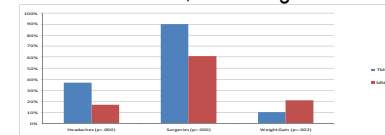
## RESULTS

- Patients with TMDs saw on average 4.5 HCPs before seeing a physical therapist.
- In addition to being younger ( $p=.000$ ), female patients with TMDs reported more complicated medical histories as evidenced by:

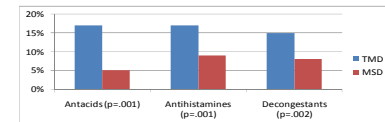
- Medication use for mood disorders or neurochemical imbalances



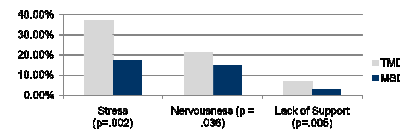
- Co-morbidities, Past Surgeries



- Over the counter medications



- Psychosocial issues



- There were no differences in the patients' reports of having little interest in doing things, or experiencing excessive moodiness or hopelessness.

## CONCLUSIONS

- Female patients with TMD reported more biopsychosocial issues than female patients with other musculoskeletal complaints.
- A more comprehensive understanding of the female TMD patient pertaining to their meaning of their symptoms, diagnosis, and expectations is warranted.
- Addressing these areas may reduce unnecessary anxiety and confusion which will have a positive impact on the physical therapist management of the female patient diagnosed with TMD.

## CLINICAL IMPLICATIONS

- The role of the physical therapist is expanding in the examination, evaluation, and treatment of patients with TMD.
- Clinicians should have an understanding of the similarities and differences of patient presentations between these two groups in order to maximize positive treatment outcomes.

## REFERENCES

- Ohrbach R, Turner J, Sherman J, et al. The Research Diagnostic Criteria for temporomandibular Disorders. IV: Evaluation of Psychometric Properties of the Axis II Measures. *J Orofac Pain* 2010 24:48-62
- Orofacial Pain: Guidelines for Assessment Diagnosis, and Management. Editor Reny de Leeuw, 2008 4th ed, Quintessence Pub Co

## CONTACT INFORMATION

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