

The Incidence of Temporomandibular Joints Disorders among Hilla University College Students

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SUMMARY. Temporomandibular joint disorders "TMD" is a term used to describe the complex sequence of events that impact and/or impair the normal function of the TMJ, neighboring muscles, & structures. The objective of this study was to determine the incidence of TMD among Hilla University College students & the precursors that invoke their development. A questionnaire survey that targeted students at Hilla University College, 125 responses were received. The questionnaire involved several questions to detect the presence of TMJ disorders & the likely causes. TMD has been observed to impact women more frequently than men. Habit control, specially constructed appliances, and, if the situation warrants it, a referral to an expert (such as a physical therapist or psychiatrist) may be necessary to achieve joint rehabilitation.

RESUMEN. Los trastornos de la articulación temporomandibular "TMD" es un término que se usa para describir la secuencia compleja de eventos que impactan y/o deterioran la función normal de la ATM, los músculos vecinos y las estructuras. El objetivo de este estudio fue determinar la incidencia de TMD entre los estudiantes de Hilla University College y los precursores que invocan su desarrollo. Mediante una encuesta dirigida a estudiantes de Hilla University College, se recibieron 125 respuestas. El cuestionario incluía varias preguntas para detectar la presencia de trastornos de la ATM y las causas probables. Se ha observado que TMD afecta a las mujeres con más frecuencia que a los hombres. Puede ser necesario el control de hábitos, aparatos contruidos especialmente y, si la situación lo amerita, la derivación a un experto (como un fisioterapeuta o un psiquiatra) para lograr la rehabilitación articular.

KEY WORDS: glenoid fossa, mandible, temporal bone, temporomandibular joint disorders, TMD, TMJ.

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