

MOORPARK, CA, September 18, 2013 **/24-7PressRelease/** -- TMJ is short for Temporomandibular Joint. This joint is what connects the lower jawbone-or mandible-to the temporal part of the skull, and is what allows us to move our lower jaw in order to chew and talk. The temporomandibular joint itself is made of ligament and surrounded by muscles that help control the movement of the joint. Sometimes, however, problems can arise that causes a great amount of discomfort, ranging from pain in the neck and shoulders and around the ear, popping or clicking sounds when the jaw is opened, to severe facial pain. Westlake Village residents can be assured that Dr. Rick Borquez can treat all of these symptoms.

Though very commonly referred to as TMJ, problems associated with this joint are technically known as TMD-or Temporomandibular Joint Disorders. There are multiple triggers for these disorders, which can cause problems with the joint itself as well as the surrounding muscle.

Common triggers for TMJ/TMD include any direct injury to the jawbone or temporomandibular joint, such as a sports injury or car accident, or an indirect injury to the neck or skull. Repetitive movement of the joint from grinding the jaw or clenching the teeth can also cause TMJ, which is often more common in people who are stressed. Other medical conditions such as osteoarthritis or rheumatoid arthritis can trigger TMJ disorders by causing inflammation in the joint and surrounding muscle.

Dr. Borquez, a Moorpark and Westfield Village area dentist, has several approaches to diagnosing TMJ. The initial consultation involves manually examining the patient's face and jaw to assess the bite and range of motion in the joint, and check for swelling of the muscles. X ray's will usually be taken as part of the assessment, and other imaging studies such a MRI's or CT Scans may be ordered if more detail is desired.

Near Westlake Village, TMJ treatment will vary depending on the root cause of the problem. The standard protocol is to start with conservative treatments and progress to more advanced options if the problem does not resolve. Typical conservative treatment involves restricting diet to softer foods and foods that don't require the jaw to open too wide. Ice packs alternating with moist heat is also a good first line treatment. Non-steroid anti-inflammatory medications are used to reduce swelling associated with TMJ, and muscle relaxers may be prescribed to help loosen the muscles around the jaw.

Dr. Borquez can also provide patients with more advanced TMJ treatment options. The Ventura county dentist can talk to you about advanced treatments involving medication injected directly into the joint, as well as surgery for severe or persistent cases.

Ventura County Dentist Offers Treatment For TMJ Disorders

Written by Australian Business

Dr. Borquez' office is opened Monday through Thursday from 8:00am to 5pm and he can be reached at (805) 529-1000. Patients can also visit his website at <http://www.rickborquezdds.com/>

About Dr. Rick Borquez, DDS: Dr. Rick Borquez' extensive experience in providing cosmetic, implant, and TMJ-orofacial pain treatment is a great benefit to his patients near the Westlake Village area. His cosmetic and implant skills result from extensive postgraduate training from prestigious programs including: Bioethetics, Seattle Institute of Advanced Education, Kois Center for Advanced Dentistry and extensive courses from the AACD (American Academy of Cosmetic Dentistry). Dr. Borquez also has extensive training in treating TMJ pain, facial pain, headaches and sleep apnea near Westlake Village. He has lectured to dentists at USC, Seattle and Westlake Village. He has been involved as a legal expert for dental legal cases, as well.

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