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# Does successful TMD-treatment improve concurrent headache complaints in TMD patients?

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## Introduction



Temporomandibular disorders (TMD) and headache are co-morbid disorders.

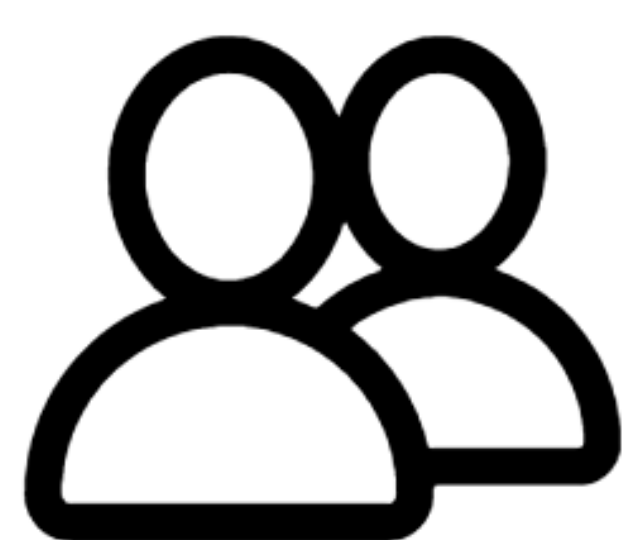
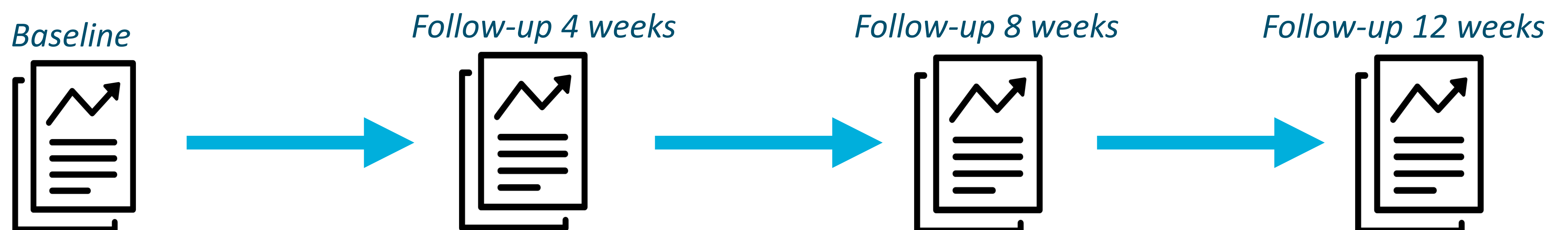
It is unknown if a successful TMD-treatment will lead to an improvement of the headache for different headache types.

The **aim** of this study is to determine if the change in orofacial pain (OFP) and the change in headache in patients with TMD-pain are the same over time during TMD-treatment.

## Methods

**Multi-disciplinary usual care:**  
Physical therapy, splint, counseling, psychology

**Inclusion:**  
Patients with TMD-pain and headache



**Outcomes (collected by email)**  
Graded Chronic Pain Scale(GCPS)  
• Chronic Pain Intensity (CPI)  
• Disability Score (DS)

### Statistics

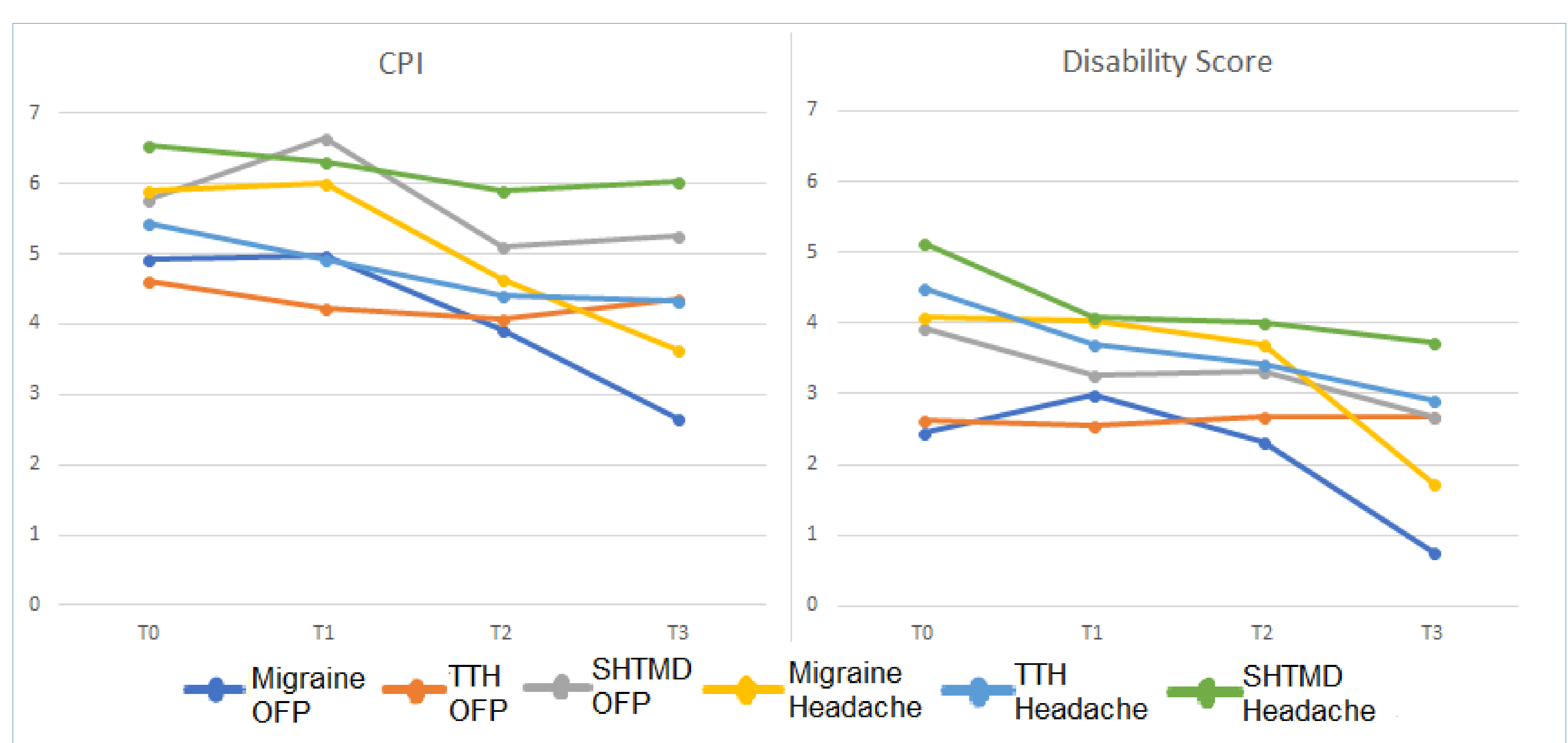
- Repeated Measures ANOVA for CPI and DS with factor time (4) and factor type of pain (OFP & headache)
- Stratified for headache types: migraine, tension-type headache (TTH) and secondary headache attributed to TMD (SHTMD)

## Results

A total of 39 participants completed the questionnaires on all four moments in time. Most were female (82%) and had migraine (38.5%) followed by TTH (30.8%) and secondary headache attributed to TMD (30.8%).

**CPI** improved over time in patients with migraine and TTH for both OFP and headache.

**Disability score** only improved for patients with migraine for both OFP and headache.



## TAKE HOME MESSAGE

A successful TMD-treatment decreases orofacial pain and headache, as well as self-reported disability in patients with migraine.

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