

# Acupuncture to treat temporomandibular joint dysfunction.

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Integration of rehabilitation and acupuncture in the treatment of a professional musician with temporomandibular joint dysfunction.

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## Abstract

This case study describes the use of acupuncture in a professional musician with myogenic temporomandibular dysfunction. The 3-year history of symptoms was associated with persistent episodic tension-type headaches. Acupuncture was used for trigger point release, primarily of the masticatory muscles, in conjunction with exercise therapy. After 8 weekly acupuncture sessions, the patient's pain had completely resolved, headaches had resolved and the Patient-Specific Functional Scale showed significant improvements.

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