

01/07/2025

**Diagnosis/ Problem List/ Treatment Plan**

John R. Droter, DDS  
301-805-9400  
drdroter@mac.com

Age 19

Referred By Dr [redacted], her DDS of record  
ii- Patient's Chief Concern (CC): Jaw popping and pain since 12 y/o

**Summary:**

Jaw wiggle to open.  
R4a large disc anterior lateral dislocation  
L4a large disc due lateral dislocation.  
Both joints are mechanically unstable  
Parafunctional grinding

**Problem List**

Hyperesthesia . Central issue or overactive sympathetic nervous system [R20.3](#)  
Severe Myalgia TMJ and neck muscles [M79.1](#)  
Severe Arthralgia  
Facial Pain [R51.9](#)

Mechanically dysfunctional jaw movements

Closed Lock, Jaw Cartilage, Intermittent, Mechanically dysfunctional [M24.30](#)  
Complex Click  
Jaw wiggle to open  
Loud click vibrations  
Moderate muscle bracing  
Not able to stabilize disc with cranial distortion  
Inability to efficiently chew due to TMJ disc biomechanics [M99.80](#)

Parafunctional Bruxing [G47.63](#)

Clenching  
Grinding laterally and protrusively  
Worn teeth #6,7,8,9, 22-27

Disharmonious Muscle Contraction Pattern, TMJ muscles. Occlusal Muscle Disharmony [R29.898](#)

**Favorable List**

Good muscle inhibition with anterior tooth contact  
Jaw click vibration was less with anterior stop

**TMJ Imaging**

CBCT 1-7-25

CBCT Scan Summary: Slight hypercalcification of both condyles in areas of load indicative of parafunction. Both condyles are distalized indicative of disc dislocation.

Swollen nasal tissue

Pulp Stones in teeth # 3,14,15,18,31. Possible decay tooth #2.

Working Diagnosis: TMJ damage. Mechanically compromised Temporomandibular Joints.

Parafunctional grinding of teeth.

Recommendations:

xlear nasal spray.

Sleep airway screening

Bitewing radiograph of Upper right molars, evaluate for caries tooth #2

MRI of the TMJ.

MRI 1-7-25

MRI Scan Summary:

Both Right and Left Temporomandibular Joint disc are dislocated. Both recapture on opening.

R4a large disc anterior lateral dislocation

L4a large disc due lateral dislocation.

Working Diagnosis: Both joints are mechanically compromised.

Recommendations: Trial of parafunctional night guard to see if decreasing sleep bruxing can help joints function better in daytime.

**Co Therapist**

Referred by Dr

Continue periodic dental cleanings with your current dentist.

Advise Dr Droter prior to any dental work.

.....  
**BioPak Summary**

JVA: Complex click both Right and Left , consistent.

Right click vibration follow by two left vibrations.

Slow velocity TMJ movement, deviated path.

EMG: Masseters not relaxing

EMG: Masseters strong on clenching, Good Muscle inhibition with anterior only tooth contact.

EMG: Muscle chewing pattern abnormal w/ Temporalis dominate

.....  
The above conditions are medical, and treatment of these conditions are medically necessary to restore and maintain quality of life.

**Prognosis:** Good with treatment, but having multiple sources of pain and dysfunction with duration longer than 3 weeks can be challenging.

John R Droter DDS

.....

01/07/2025

**Treatment Sequence/ Action Plan**



Black Type = needs done Green Type = Done  
Orange Type = No longer needed Red Type= Important

Goal of Treatment: Smoother jaw opening. Quieter jaw clicking without pain

Limitations/Obstacles/Variables: Both joints "wobble".

..... **Prior to or During Phase 1**  
Sleep airway screening

xLear nasal spray. After facial pain has resolved can also try Enovid Nasal spray  
Bitewing radiograph of Upper right molars, evaluate for caries tooth #2  
Caries # 2 Mesial. Needs Filling.

Dr Taylor to do filling #2 mesial, will need to adjust arm of Brux PAS night guard to fit new filling.

..... **Phase 1**  
Goal: Decrease Pain in the Temporomandibular Joints and muscles  
Brux-PAS night guard with lower essix. Some daytime wear  
Cold Laser Therapies  
"Somebody" CBD balm 3-5x a day  
Hot/Cold/Hot 2-3x a day or as needed  
Range of motion exercises: forward and back, left and right, open close.

..... **Possible Phase 2**  
Occlusal adjustment

..... **Possible Treatment Needed**  
TMJ Rehabilitation orthotic  
Atlas Therapy with Atlas Orthogonist Dr Marc Schwartz  
If sympathetic nervous system is still hyperactive, will need to reevaluate.

.....  
**Case Complete- estimate time of treatment is 6 months**

Future Dental needs:  
Continue periodic dental cleanings with your current dentist.  
Dr Droter should be consulted prior to any future dental work that will change your bite.  
Occlusal (bite) Harmony Maintenance by Dr. Droter, Yearly Reevaluation