

Chiropractic and dental integrative care for 52-year-old male stroke victim suffering from chronic temporomandibular joint (TMJ) dysfunction (TMJD): A case report

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Objective: The value of integrative care for a stroke victim suffering from chronic TMJ dysfunction (TMJD).

Clinical Features: 52-year-old male was referred to this clinic three-year post-stroke from a local stroke-rehabilitative center. He had suffered a right-sided stroke affecting the left-side of his body, with left hypertonicity/contraction of left-calf, shoulder, arm and TMJD. Significant improvement following extensive rehabilitation was found except for his TMJD. He continued to experience left-TMJ crepitus with pain radiating to his left-ear and frontal bone regions. He had difficulty chewing and his pain was 9/10.

Intervention and Outcome: Sacro-occipital technique diagnosis revealed left-pelvic torsion with SIJ restriction (category-one) and sphenomaxillary and left-temporal bone cranial distortions. Patient was treated for 10-visits over 3-month period. Cranial-dental co-treatment with a lower occlusal splint and was also treated with red-light therapy. By the 10th-visit he reported his pain reduced to 3/10. His left-sided frontal bone and ear pains were eliminated and he was able to chew and eat normally. There was still some residual contraction of his *masseter* muscle however significantly less than before.

Conclusion: Chiropractic and dental integrative care can play an important part of care for patients suffering from post-stroke related residual TMJD.

Indexing terms: Chiropractic; sacro-occipital technique; SOT; TMJD; TMJ disorder



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About the practitioners

Thomas Bloink DC specialises in cranial-dental integration in Silicon Valley at the California Cranial Institute, which was founded in 1992.

Dr Bloink was on the board of advisors to help create SOTO-USA and is actively presenting at research conferences throughout the world, and developing novel treatment approaches for functional neurological conditions. He works closely with many different specialists including dentists, orthodontists, and oral-maxilla surgeons. ENT's and others to ensure the best possible outcome for his patients.



Charles L Blum DC, CSCP is in private practice *Santa Monica, California* and past president of SOTO – USA, now their research chair. He serves as Adjunct research faculty at *Cleveland Chiropractic College* and associate faculty at *Southern California University of Health Sciences* teaching the SOT Elective. Dr. Blum is a Certified SOT Cranial Practitioner, and on the peer review board of the *Journal of Craniomandibular and Sleep Practice (CRANIO)*, *Association of Chiropractic College Conference Peer Review Committee*, *Journal of Contemporary Chiropractic*, *Asia Pacific Chiropractic Journal*, and *Journal of Chiropractic Medicine*. He has lectured nationally and internationally, has written various SOT related texts, compiled SOT and cranial related research, and has extensively published in multiple peer reviewed indexed journals and at research conferences from 1984 to the present.