

BACHELOR THESIS ABSTRACT

Author: Denisa Nulíčková

Supervisor: Mgr. Lucie Benešová

Title: Functional movement disorders of the temporomandibular joint in women of working age

Abstract:

The bachelor thesis deals with functional disorders of the temporomandibular joint in women of working age. The thesis is a diagnostic work. The main aim is to evaluate the most common functional changes and general common features of patients with temporomandibular joint dysfunction by means of extended kinesiological analysis. The sub-objective is to map the quality of life and the presence of stress factors in the patients' lives. The second sub-objective is to elaborate the proposal and goals of the physiotherapy intervention.

The theoretical part, in addition to short chapters describing the anatomy and biomechanics of the temporomandibular joint, deals with functional temporomandibular disorders. It provides a comprehensive overview of their causes, symptomatology and relationship to other body structures. It also summarizes the consequences of excessive psychological stress in the context of these disorders and describes conservative methods of treatment.

The practical part of the thesis consists of 5 case studies, which include detailed initial examinations. The standard kinesiological analysis is enriched with specific examinations of the temporomandibular joint and the WHOQOL-BREF quality of life questionnaire.

The result is a list of 18 most common functional changes and general common features of patients, including hypertonus m. masseter and m. pterygoideus lateralis, weakening of deep neck flexors, facial asymmetry, diaphragm insufficiency and others. Based on these results, the goals and proposal of appropriate physiotherapeutic intervention were determined. It was also found that all patients experienced at least a moderate stress load in their work or study. The quality of life questionnaire showed the lowest quality of life in the areas of social relationships and mental health.

The results suggest that multidisciplinary collaboration is essential for effective treatment of temporomandibular disorders. Research with a larger number of probands would be needed to obtain relevant conclusions.

Keywords: temporomandibular disorder (TMD), temporomandibular joint (TMJ), temporomandibular dysfunction, orofacial area, functional disorder