E-Poster

EP-664

Chronic Neck Pain and Temporomandibular Dysfonction: Postural Impact and Effectiveness of a Specific Rehabilitation Protocol

Topic: Exercise

Sana Salah[1], Nessrine Kssibi[2], Anis Jellad[1], Mohamed Hedi Bedoui[3], Zohra Ben Salah Frih[2]

[1]*Physical Medicine and Rehabilitation, Fattouma Bouguiba University Hospital, LabTIM Research Laboratory LR12ES06, Faculty of Medicine, University of Monastir, Monastir, Tunisia*
[2]*Physical Medicine and Rehabilitation, Fattouma Bouguiba University Hospital, Monastir, Tunisia*
[3]*LabTIM Research Laboratory LR12ES06, Faculty of Medicine, University of Monastir, Monastir, Tunisia*

BACKGROUND

Patients with both neck problems and temporomandibular joint dysfunction (TMD) are more likely to suffer from pain. Maxillofacial rehabilitation associated with the conventional neck pain protocol improves the complaints of these patients

The aim of this study was to assess the impact of (TMD) associated with chronic neck pain on postural balance and to describe the therapeutic effect of specific maxillofacial rehabilitation associated with conventional rehabilitation in patients suffering from chronic neck pain and TMD.

METHODS

A six-week prospective study including 20 patients with chronic neck pain was carried out.

Two groups of patients with neck pain were compared: group A suffering from TMD and group B without TMD. The main outcome measures were: neck pain (VAS); function (NDI); anxiety and depression (HAD); and sleep quality (PSQI). Postural balance was assessed via Satel platform. Group A received a specific maxillo-facial with a conventional neck pain rehabilitation protocol.

The same parameters as well as pain and mobility of the temporomandibular joint (TMJ) were used to evaluate the effectiveness of the intervention.

RESULTS

At baseline, pain, function and balance were more disturbed in group A than in group B, whereas bad sleep quality and a certain anxiety and depression profile were found in both groups. In group A receiving a maxillofacial rehabilitation associated with conventional rehabilitation protocol, we noticed an improvement of all evaluation parameters except of anxio-depression profile and sleep quality.

CONCLUSION

The association of TMD with chronic neck pain accentuates pain, functional disability and balance disorders. Combining a specific maxillofacial rehabilitation protocol to a conventional neck pain rehabilitation is likely effective.

It's then judicious to search TMDs in neck pain patients, and to undertake in them a specific rehabilitation.

Statement of Disclosures

None

Corresponding Author:
Sana Salah
Physical Medicine and Rehabilitation, Fattouma Bouguiba University Hospital, LabTIM Research Laboratory LR12ES06, Faculty of Medicine, University of Monastir, Monastir, Tunisia
Email: sanasalahdoc@gmail.com

Doi: 10.5606/archisprm.2026.EP-664