

Evaluation of Low-Level Laser Therapy in the Treatment of Temporomandibular Disorders

SEDAT ÇETİNER, D.D.S., Ph.D., SEVİL A. KAHRAMAN, D.D.S., Ph.D.,
and ŞULE YÜCETAŞ, D.D.S., Ph.D.

ABSTRACT

Objective: The purpose of this study was to assess the effectiveness of low-level laser therapy (LLLT) in the treatment of myogenic originated temporomandibular disorders (TMD). **Background Data:** Limited studies have demonstrated that LLLT may have a therapeutic effect on the treatment of TMD. **Methods:** Thirty-nine patients with myogenic TMD-associated orofacial pain, limited mandibular movements, chewing difficulties, and tender points were included in this study. Twenty-four of them were treated with LLLT for 10 sessions per day excluding weekends as test group, and 15 patients with the same protocol received placebo laser treatment as a control group. These parameters were assessed just before, just after, and 1 month after the treatment. **Results:** Maximal mouth-opening improvement, and reductions in pain and chewing difficulty were statistically significant in the test group when compared with the control group. Statistically significant improvements were also detected between two groups regarding reduction in the number of tender points. **Conclusion:** Based on the results of this placebo-controlled report, LLLT is an appropriate treatment for TMD and should be considered as an alternative to other methods.

Address reprint requests to:

Dr. Sedat Çetiner
8. cadde, Sutek Park Sitesi
B-Blok No: 12/14-06530
Ümitköy
Ankara, Turkey

E-mail: scetiner@gazi.edu.tr