|  |  |  |  |
| --- | --- | --- | --- |
|  | Masseter | Temporalis | Lateral Pterygoid |
| Technique | Position: Supine  Palpation: Flat or pincer  Insert needle perpendicular to skin toward muscle belly | Position: Supine.  Palpation: Flat or pincer  Fix needle with 2nd and 3rd fingers of off hand. Insert perpendicular to skin toward mandibular fossa.  Precautions: avoid Superficial Temporal Artery | Position: Supine.  Palpation: Flat or pincer  Superior Division: Insert perpendicular to the skin through the mandibular fossa (ant. to TMJ). The needle is directed upwards and forward deep to the zygomatic arch.  Inferior Division: Patient opens mouth. Insert perpendicular to the skin and through the mandibular fossa directed towards the roots of the upper molar teeth. |
| Image |  |  |  |
| Referral Pattern |  |  |  |

FUNCTIONAL MANIPULATION BY ACTIVITY

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Activity** | **Medial Pterygoid** | **Lateral Pterygoid**  **(Inferior)** | **Lateral Pterygoid**  **(Superior)** | **Intracapsular Disorder** |
| **Opening widely** | **↑ Pain** | **↑ Pain**  (slightly) | **NO PAIN** | **↑ Pain** |
| **Resisted Protrusion** | **↑ Pain**  (slightly) | **↑ Pain** | **NO PAIN** | **↑ Pain** |
| **Clenching**  **(teeth on teeth)** | **↑ Pain** | **↑ Pain** | **↑ Pain** | **↑ Pain** |
| **Clenching unilaterally**  **(on separator)** | **↑ Pain** | **NO PAIN** | **↑ Pain** | **NO PAIN** |
| **Resisted Protrusion with unilateral separator** | **↑ Pain**  **(slightly)** | **↑ Pain** | **↑ Pain**  (slightly if clenching on unilateral separator) | **NO PAIN**  **(Okeson, 2008)** |

Okeson, J. (2008). Management of Temporomandibular Disorders and Occlusion. (J. Dolan & J. Pendil, Eds.) (6th ed.). St. Louis Missour.