Abstracts

Title: Craniomandibular Syndrome - Diagnosis and Therapy from the Perspective of a Physiotherapist

Objectives: The thesis deals with problems of diagnosis and therapeutic intervention in pain, that originates in craniomandibular area from the perspective of the physiotherapist, and especially functional disorders of myofascial substrate. The goal was to determine whether and to what extent can be the pain relieved, through selected therapeutic methods (soft tissue techniques, mobilization techniques, positive thermotherapy, individual LTV). Further more, if the pain control (to alleviate its intensity) is effective and whether it is achieving lasting effects even in periods without therapy. Another question was whether the method of pressure algometrie (PPT) correlates with subjective pain level marked on the VAS scale.

Methods: The study itself was elaborated in qualitative form. The examined group consisted of 10 consenting women with pain in the craniomandibular area, who had no diagnosis by neurologist, a dentist and an otolaryngologist. The comparison group was not established, since it was not a comparison of different therapies, but the effect of therapeutic techniques on pain reduction, thus subjects with pain could not remain untreated. The results were compared and evaluated within a single entity.

The timeframe of the research was divided into 9 months (January - September of 2015), when the initial measurements were followed by three thirty minutes therapies, and then post therapy measurements were recorded. That assessed the immediate impact of therapy on pain reduction in the monitored region. The third and also the last examination took place 5 to 6 months after the post therapy exam. This exam reviewed in particular the development of pain intensity at the time without therapy.

In this thesis three objectives were challenged, which generated three hypothetic results. The three following objective methods were used to confirm or refute the hypothetic results: pressure algometrie, measuring the range of motion of the temporomandibular joint and removing the values of visual analogue pain scale (VAS). Noninvasive pressure algometrie method was used to measure the pain intensity at selected points, using myofascial algeziometer "Alogometer type II" (made by Somedic).

Results: The results was a reduction in pressure pain in craniomandibular area after the completion of three treatment sessions by eight of ten subjects, and therefore it can
be recommended as the method of choice for therapy of the myofascial pain affecting craniomandibular area. All the results of the two other methods were proven non effective (six month period post therapy and comparison between VAS and PPT).

**Keywords:** craniomandibular syndrome, temporomandibular dysfunction, Costen syndrome