



# Temporomandibular Joint Disorders:

One name for two diagnoses

By Catherine Mormile

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## One name for two diagnoses

**D**isorders of the temporomandibular joint are a source of distress and dysfunction for an estimated 10 million Americans. Additional distress occurs when both patient and medical practitioner attempt to accurately identify the problem because **Temporomandibular joint disorders (TMD) is one name for two diagnoses.** One diagnosis, **joint TMD**, presents with measurable structural damage to the cartilage and ligaments located within the joint itself. The other, **muscular TMD**, presents as a painful condition of the muscles involved in chewing, and often involving the muscles of the scalp, base of the neck and shoulders. Sometimes both conditions occur simultaneously.

Using her signature “taking the box out of thinking” approach, **Dr. Mormile boldly identifies and explains** both to clinicians and patients alike.

### What others are saying about Temporomandibular joint disorders: One name for two diagnoses:

“A brilliant work—full of useful information—precise and definitive!”

—Sarah J. Tugman, Attorney

“The term 'resilience' was used several decades earlier by psychologist Albert Bandura to mean the ability to persevere in the face of barriers and to continue expending effort in attaining goals. That ability, among others, comes from the careful construction of opportunities to develop mastery (by a teacher, for example). I have two reasons for referring to a psychologist for a book, which identifies Temporomandibular joint disorders: One name for two diagnoses. First, the author, Dr. Catherine Mormile, perfectly illustrates the term in her personal life. As her preface describes, Dr. Mormile faced quite horrific barriers after a severe accident but was not overcome by them. Secondly, having developed mastery and reflecting mindfully on what was involved in the process, she is able now as a clinician and teacher, to construct for practitioners opportunities for them to develop mastery of skills needed to—in a wonderfully expanding dynamic—carefully construct opportunities for their TMD patients to develop mastery. TMD causes pain and dysfunction, takes time to diagnose and to treat, and generally disrupts the lives of patients. Mastering TMD can involve multiple clinicians but must always be a partnership with the patient. Dr. Mormile is the rare expert teacher who can use her own mastery experience to teach other clinicians how to engage as a partner with patients, not just in treatment techniques, but also in patients' own acquisition of mastery of an intrusive and sometimes debilitating condition. This book emerged from a journey and contains the means for all who study it to embark or continue on a journey of mastery for themselves.”

—Alice Sapienza,

D.B.A. (Harvard). Professor of Health Care Administration  
Simmons College, Boston, Massachusetts.



**Catherine Mormile**  
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### About the author

With a background of independent thinking, academic excellence, and scientific inquiry, doctor of physical therapy Catherine Mormile forged a personal recovery after surviving a near-death experience and subsequent traumatic brain injury while competing in an Alaska sled-dog race. Upon recovery, she successfully wrote and illustrated this book at her Knik, Alaska homestead shared with her husband and more than thirty furry animal companions.

Dr. Mormile has successfully treated thousands of TMD patients in her private practice in Anchorage, Alaska, and now she offers her one-of-a-kind way of thinking and approach to the nagging problems of TMD to all.

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