



Injections of the temporomandibular joints: which techniques, interest of ultrasound guidance

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Abstract :

Intra-articular injections are an integral part of the therapeutic options available for patients suffering from TMJ pathologies. The products injected can be corticoids for osteoarthritis or inflammatory rheumatism, or hyaluronic acid for osteoarthritic pathologies. It is also possible to wash the joints with saline.

Access to the joint is not always easy. The joint space is small, the joint capsule is adherent with no easily accessible joint recess, and the disc occupies a large part of the joint. In fact, there are 2 distinct joint cavities separated by this disc. Anatomical location can be sufficiently precise in experienced hands, but there is no assurance of intra-articular location of the injection.

Ultrasound has become an indispensable tool for performing intra- or periarticular injections in rheumatology. It increases the precision of the injection while reducing the pain associated with the procedure for the patient. It allows to perform intra-articular

injections of the TMJ thanks to a longitudinal approach oblique in the plane of the probe by targeting the joint capsule. In this workshop we will show the injection technique and our experience on the use of intra-articular and muscular injections in inflammatory or mechanical pathologies of the TMJ.