

Schoeman, Berlé, 2020 Abstract

The Comparative Effectiveness Of Chiropractic Manipulation Vs. TENS In TMD

Objective

The purpose of the study was to explore the comparative effect of chiropractic manipulation of the temporomandibular joints (TMJ) versus transcutaneous electrical nerve stimulation (TENS), and the combination in the treatment of temporomandibular disorders (TMD).

Results

All three groups showed significant improvement in the management of symptoms related to TMDs, however the combination of chiropractic manipulation and TENS proved to be superior to both therapies on their own.

Participants and Researcher

Thirty participants between the ages of 18 and 45, presenting with TMD symptoms, were randomly allocated into three groups of ten each.

The researcher was Berlé Schoeman for a dissertation presented to the Faculty of Health Sciences, University of Johannesburg, as partial fulfilment for the Masters degree in Technology, Chiropractic.

Methods

Group 1 received six chiropractic manipulative therapy treatments over a period of three weeks, Group 2 received 12 TENS treatments over a period of three weeks, and Group 3 received six manipulative therapy treatments and 12 TENS therapy treatments over a period of three weeks. All groups had one additional session for readings only.

TENS treatment was by application with the **NeuroTrac TENS** unit (Verity Medical). The participants in Group 2 and Group 3 received TENS therapy at home.

The full abstract can be found at

<https://ujcontent.uj.ac.za/esploro/outputs/9911344507691>