

TMJ PRESS RELEASE

Beverly Hills Dental Corp and San Clemente Dental Corp Announce Advanced TMJ Orthotic Therapy Led by Dr. Tom Kalili, DMD, QME

Beverly Hills, CA / San Clemente, CA — Beverly Hills Dental Corp and San Clemente Dental Corp announce the expansion of advanced TMJ orthotic therapy under the direction of Dr. Tom Kalili, DMD, QME. This program emphasizes the critical vulnerability of the temporomandibular joint (TMJ), particularly following trauma, due to its extremely close proximity to the brain.

The TMJ is positioned so close to the cranial base that, in several regions, the superior surface of the condyle lies within 3 mm of the brain and adjacent neural structures. This narrow anatomic proximity highlights the immediate risks after trauma, as even minor displacement, swelling, or inflammatory changes can affect nearby neurologic pathways. The TMJ is also the only joint among the body's roughly 200 joints that physiologically translates out of its hinge during normal function, increasing its susceptibility to injury. Its bi-concave disc, supported by delicate and largely avascular ligamentous attachments, further contributes to its

instability under traumatic forces.



Clinical Approach

Dr. Kalili has demonstrated that a precisely fabricated TMJ orthotic can be highly effective in treating TMJ Disorder (TMJ/TMD). Each orthotic is custom-made using detailed impressions and exact measurements of a therapeutic jaw position. Neuromuscular technology is used to identify the most relaxed physiologic resting position. Dr. Kalili's extensive expertise in TMJ biomechanics are incorporated to determine each patient's individualized prescription.

Orthotic Wear Protocol

Most patients receive one TMJ orthotic; some require two depending on the nature and severity of their condition. At the start of treatment, Dr. Kalili

recommends wearing the orthotic approximately 22 hours per day, removing it only for meals and oral hygiene. Regular follow-up appointments at Beverly Hills Dental Corp or San Clemente Dental Corp are essential during this phase, during which Dr. Kalili performs his therapeutic protocol and monitors joint and muscular response. As symptoms improve, daytime wear is gradually reduced until the patient transitions to nighttime use only.

About the TMJ Orthotic Program

The TMJ orthotic program offered at Beverly Hills Dental Corp and San Clemente Dental Corp provides a non-surgical, conservative treatment option designed to reduce pain, restore function, and correct the underlying biomechanical dysfunction associated with TMJ Disorder. This approach supports long-term comfort, stability, and improved quality of life.