

REFERENCES

1. Ucar M, Sarp Ü, Koca, et al. Effectiveness of a home exercise program in combination with ultrasound therapy for temporomandibular joint disorders. *J Phys Ther Sci*. 2014;26(12):1847-1849.
2. Gervais RO, Fitzsimmons GW, Thomas NR. Masseter and temporalis electromyographic activity in asymptomatic, subclinical, and temporomandibular joint dysfunction patients. *Cranio - J Craniomandib Pract*. 1989;7:52-57.
3. Cooper BC, Cooper DL. Multidisciplinary approach to the differential diagnosis of facial, head and neck pain. *J Prosthet Dent*. 1991;66:72-78.
4. Magnusson T, Egermark I, Carlsson GE. A prospective investigation over two decades on signs and symptoms of temporomandibular disorders and associated variables. A final summary. *Acta Odontol Scand*. 2005;63(2):99-109.
5. Bjorne A, Agerberg G. Reduction in sick leave and costs to society of patients with Meniere's disease after treatment of temporomandibular and cervical spine disorders: a controlled six-year cost-benefit study. *Cranio*. 2003;21(2):136-143.
6. Björne A. Assessment of temporomandibular and cervical spine disorders in tinnitus patients. *Prog Brain Res*. 2007;166(07):215-219.
7. Cherian K, Cherian N, Cook C, Kaltenbach J a. Improving tinnitus with mechanical treatment of the cervical spine and jaw. *J Am Acad Audiol*. 2014;24(7):544-555.
8. List T, Axelsson S. Management of TMD: Evidence from systematic reviews and meta-analyses. *J Oral Rehabil*. 2010;37(6):430-451.
9. Shaffer SM, Brismée J-M, Sizer PS, Courtney CA. Temporomandibular disorders. Part 2: conservative management. *J Man Manip Ther*. 2014;22:13-23.
10. Furto ES, Cleland J a, Whitman JM, Olson K a. Manual physical therapy interventions and exercise for patients with temporomandibular disorders. *Cranio*. 2006;24(4):283-291.
11. Michelotti A, Iodice G, Vollaro S, Steenks MH, Farella M. Evaluation of the short-term effectiveness of education versus an occlusal splint for the treatment of myofascial pain of the jaw muscles. *J Am Dent Assoc*. 2012;143(1):47-53.
12. Koutris M, Lobbezoo F, Sümer NC, Ati ES, Türker KS, Naeije M. Is myofascial pain in temporomandibular disorder patients a manifestation of delayed-onset muscle soreness? *Clin J Pain*. 2013;29(8):712-716.
13. Christensen L V, Tran KT, Mohamed SE. Gum chewing and jaw muscle fatigue and pains. *J Oral Rehabil*. 1996;23(6):424-437.
14. Michelotti A, Farella M, Vollaro S, Martina R. Mandibular rest position and electrical activity of the masticatory muscles. *J Prosthet Dent*. 1997;78(1):48-53.
15. Gray RJM, Al-Ani Z. Conservative temporomandibular disorder management: what DO I do? -- frequently asked questions. *Dent Update*. 2013;40(9):745-748, 751-752, 754-756.
16. Valdés C, Gutiérrez M, Falace D, Astaburuaga F, Manns A. The effect of tongue position and resulting vertical dimension on masticatory muscle activity. A cross-sectional study. *J Oral Rehabil*. 2013;40(9):650-656.
17. Martins WR, Blasczyk JC, Aparecida Furlan de Oliveira M, et al. Efficacy of musculoskeletal manual approach in the treatment of temporomandibular joint disorder: A systematic review with meta-analysis. *Man Ther*. 2015.21:10-7
18. Clark GT, Green EM, Dornan MR, Flack VF. Craniocervical dysfunction levels in a patient sample from a temporomandibular joint clinic. *J Am Dent Assoc*. 1987;115:251-256.
19. Shaffer SM, Brismée J-M, Sizer PS, Courtney CA. Temporomandibular disorders. Part 1: anatomy and examination/diagnosis. *J Man Manip Ther*. 2014;22(1):2-12.
20. John MT, Miglioretti DL, LeResche L, Von Korff M, Critchlow CW. Widespread pain as a risk factor for dysfunctional temporomandibular disorder pain. *Pain*. 2003;102(3):257-263.
21. Maixner W, Fillingim R, Booker D, Sigurdsson A. Sensitivity of patients with painful temporomandibular disorders to experimentally evoked pain. *Pain*. 1995;63(3):341-351.
22. Yap AUJ, Dworkin SF, Chua EK, List T, Tan KBC, Tan HH. Prevalence of temporomandibular disorder subtypes, psychologic distress, and psychosocial dysfunction in Asian patients. *J Orofac Pain*. 2003;17(1):21-28.
23. Yap AUJ, Tan KBC, Chua EK, Tan HH. Depression and somatization in patients with temporomandibular disorders. *J Prosthet Dent*. 2002;88(5):479-484.
24. Steed PA, Wexler GB. Temporomandibular disorders--traumatic etiology vs. nontraumatic etiology: a clinical and methodological inquiry into symptomatology and treatment outcomes. *Cranio*. 2001;19(3):188-194.
25. Suvinen TI, Hanes KR, Reade PC. Outcome of therapy in the conservative management of temporomandibular pain dysfunction disorder. *J Oral Rehabil*. 1997;24:718-724.
26. Reissmann DR, John MT, Wassell RW, Hinz A. Psychosocial profiles of diagnostic subgroups of temporomandibular disorder patients. *Eur J Oral Sci*. 2008;116(3):237-244.
27. Alonso-Blanco C, Fernández-de-Las-Peñas C, de-la-Llave-Rincón AI, Zarco-Moreno P, Galán-Del-Río F, Svensson P. Characteristics of referred muscle pain to the head from active trigger points in women with myofascial temporomandibular pain and fibromyalgia syndrome. *J Headache Pain*. 2012;13(8):625-637.

28. Bartley J. Breathing and temporomandibular joint disease. *J Bodyw Mov Ther.* 2011;15(3):291-297.
29. Attallah MM, Visscher CM, van Selms MKA, Lobbezoo F. Is there an association between temporomandibular disorders and playing a musical instrument? A review of literature. *J Oral Rehabil.* 2014;41(7):532-541.
30. Yasuda E, Honda K, Hasegawa Y, et al. Prevalence of temporomandibular disorders among junior high school students who play wind instruments. *Int J Occup Med Environ Health.* 2016;29(1):69-76.
31. Wu G, Chen L, Wei G, et al. Effects of sleep deprivation on pain-related factors in the temporomandibular joint. *J Surg Res.* 2014;192(1):103-111.
32. Armijo-Olivo S, Silvestre R, Fuentes J, et al. Electromyographic activity of the cervical flexor muscles in patients with temporomandibular disorders while performing the craniocervical flexion test: a cross-sectional study. *Phys Ther.* 2011;91(8):1184-1197.
33. Armijo-Olivo S, Magee D. Cervical musculoskeletal impairments and temporomandibular disorders. *J oral Maxillofac Res.* 2013;3(4):e4.
34. Armijo Olivo SL. Relationship between cervical musculoskeletal impairments and temporomandibular disorders: Clinical and electromyographic variables. *ProQuest Diss Theses.* 2010.
35. Armijo-Olivo S, Fuentes JP, da Costa BR, et al. Reduced endurance of the cervical flexor muscles in patients with concurrent temporomandibular disorders and neck disability. *Man Ther.* 2010;15(6):586-592.
36. Oliveira-Campelo NM, Rubens-Rebelatto J, Martín-Vallejo FJ, Albuquerque-Sendín F, Fernández-de-las-Peñas C. The Immediate Effects of Atlanto-occipital Joint Manipulation and Suboccipital Muscle Inhibition Technique on Active Mouth Opening and Pressure Pain Sensitivity Over Latent Myofascial Trigger Points in the Masticatory Muscles. *J Orthop Sport Phys Ther.* 2010;40(5):310-317.
37. Mansilla-Ferragut P, Fernández-de-las Peñas C, Albuquerque-Sendín F, Cleland J a., Boscá-Gandía JJ. Immediate Effects of Atlanto-Occipital Joint Manipulation on Active Mouth Opening and Pressure Pain Sensitivity in Women With Mechanical Neck Pain. *J Manipulative Physiol Ther.* 2009;32(2):101-106.
38. Kurita H, Kurashina K, Kotani a. Clinical effect of full coverage occlusal splint therapy for specific temporomandibular disorder conditions and symptoms. *J Prosthet Dent.* 1997;78(5):506-510.
39. Al-Ani MZ, Davies SJ, Gray RJM, Sloan P, Glenny a M. Stabilisation splint therapy for temporomandibular pain dysfunction syndrome. *Cochrane Database Syst Rev.* 2004;(1):CD002778.
40. Noiman M, Garty A, Maimon Y, Miller U, Lev-Ari S. Acupuncture for treating temporomandibular disorder: retrospective study on safety and efficacy. *J Acupunct Meridian Stud.* 2010;3(4):260-266.
41. Taylor M, Suvinen T, Reade P. The effect of Grade IV distraction mobilisation on patients with temporomandibular pain-dysfunction disorder. *Physiother Theory Pract.* 1994;10(3):129-136.
42. González-Iglesias J, Cleland J a, Neto F, Hall T, Fernández-de-las-Peñas C. Mobilization with movement, thoracic spine manipulation, and dry needling for the management of temporomandibular disorder: a prospective case series. *Physiother Theory Pract.* 2013;29(8):586-595.
43. Carmeli E, Sheklow SL, Bloomenfeld I. Comparative Study of Repositioning Splint Therapy and Passive Manual Range of Motion Techniques for Anterior Displaced Temporomandibular Discs with Unstable Excursive Reduction. *Physiotherapy.* 2001;87(1):26-36.
44. Burgess JA, Sommers EE, Truelove EL, Dworkin SF. Short-term effect of two therapeutic methods on myofascial pain and dysfunction of the masticatory system. *J Prosthet Dent.* 1988;60(5):606-610.
45. Schwartz M, Freund B. Treatment of temporomandibular disorders with botulinum toxin. *Clin J Pain.* 2002;18(6 Suppl):S198-S203.
46. Bae Y, Park Y. The Effect of Relaxation Exercises for the Masticator Muscles on Temporomandibular Joint Dysfunction (TMD). *J Phys Ther Sci.* 2013;25(5):583-586.
47. Conti PCR, De Alencar EN, Da Mota Corrêa a. S, Lauris JRP, Porporatti a. L, Costa YM. Behavioural changes and occlusal splints are effective in the management of masticatory myofascial pain: A short-term evaluation. *J Oral Rehabil.* 2012;39(10):754-760.
48. Talaat AM, El-Dibany MM, El-Garf A. Physical therapy in the management of myofascial pain dysfunction syndrome. *Ann Otol Rhinol Laryngol.* 1986;95(3 Pt 1):225-228.
49. Medlicott MS, Harris SR. A systematic review of the effectiveness of exercise, manual therapy, electrotherapy, relaxation training, and biofeedback in the management of temporomandibular disorder. *Phys Ther.* 2006;86(7):955-973.
50. Syrop SB. Initial management of temporomandibular disorders. *Dent Today.* 2002;21(8):52-57.
51. Michelotti A, Steenks MH, Farella M, Parisini F, Cimino R, Martina R. The additional value of a home physical therapy regimen versus patient education only for the treatment of myofascial pain of the jaw muscles: short-term results of a randomized clinical trial. *J Orofac Pain.* 2004;18(2):114-125.
52. Egermark I, Carlsson GE, Magnusson T. A 20-year longitudinal study of subjective symptoms of temporomandibular disorders from childhood to adulthood. *Acta Odontol Scand.* 2001;59(1):40-48. .
53. Akinbami BO. Evaluation of the mechanism and principles of management of temporomandibular joint dislocation. Systematic review of literature and a proposed new classification of temporomandibular joint dislocation. *Head Face Med.* 2011;7(1):10.

54. Rohlin M, Westesson PL, Eriksson L. The correlation of temporomandibular joint sounds with joint morphology in fifty-five autopsy specimens. *J Oral Maxillofac Surg.* 1985;43(3):194-200.
55. Westling L, Mattiasson A. General joint hypermobility and temporomandibular joint derangement in adolescents. *Ann Rheum Dis.* 1992;51(1):87-90.
56. Westling L, Carlsson GE, Helkimo M. Background factors in craniomandibular disorders with special reference to general joint hypermobility, parafunction, and trauma. *J Craniomandib Disord.* 1990;4(2) : (pp 89-98), 1990.
57. Israel HA, Syrop SB. The important role of motion in the rehabilitation of patients with mandibular hypomobility: a review of the literature. *Cranio.* 1997;15(1):74-83.
58. Akesson WH, Amiel D, Abel MF, Garfin SR, Woo SL. Effects of immobilization on joints. *Clin Orthop Relat Res.* 1987;(219):28-37.
59. Wadhwa S, Kapila S. TMJ Disorders: Future Innovations in Diagnostics and Therapeutics. *J Dent Educ.* 2008;72(8):930-947.
60. Nicolakis P, Erdogmus B, Kopf A, et al. Effectiveness of exercise therapy in patients with internal derangement of the temporomandibular joint. *J Oral Rehabil.* 2001;28(12):1158-1164.
61. Eze-Nliam CM, Quartana PJ, Quain AM, Smith MT. Nocturnal heart rate variability is lower in temporomandibular disorder patients than in healthy, pain-free individuals. *J Orofac Pain.* 2011;25(3):232-239.
62. Korszun a, Young E a, Singer K, Carlson NE, Brown MB, Crofford L. Basal circadian cortisol secretion in women with temporomandibular disorders. *J Dent Res.* 2002;81(4):279-283.
63. Sarlani E, Grace EG, Reynolds M a, Greenspan JD. Evidence for up-regulated central nociceptive processing in patients with masticatory myofascial pain. *J Orofac Pain.* 2004;18:41-55.
64. Monaco A, Cattaneo R, Mesin L, Ciarrocchi I, Sgolastra F, Pietropaoli D. Dysregulation of the autonomous nervous system in patients with temporomandibular disorder: a pupillometric study. *PLoS One.* 2012;7(9):e45424.
65. Monaco A, Cattaneo R, Mesin L, Ortu E, Giannoni M, Pietropaoli D. Dysregulation of the descending pain system in temporomandibular disorders revealed by low-frequency sensory transcutaneous electrical nerve stimulation: a pupillometric study. *PLoS One.* 2015;10(4):e0122826.
66. Kraaijenga S, van der Molen L, van Tinteren H, Hilgers F, Smeele L. Treatment of myogenic temporomandibular disorder: a prospective randomized clinical trial, comparing a mechanical stretching device (TheraBite™) with standard physical therapy exercise. *Cranio.* 2014;32(3):208-216.
67. Maloney GE, Mehta N, Forgione AG, Zawawi KH, Al-Badawi EA, Driscoll SE. Effect of a passive jaw motion device on pain and range of motion in TMD patients not responding to flat plane intraoral appliances. *Cranio.* 2002;20(1):55-66.
68. Buchbinder D, Currivan RB, Kaplan AJ, Urken ML. Mobilization regimens for the prevention of jaw hypomobility in the radiated patient: A comparison of three techniques. *J Oral Maxillofac Surg.* 1993;51(8):863-867.
69. Ichesco E, Quintero A, Clauw DJ, et al. Altered functional connectivity between the insula and the cingulate cortex in patients with temporomandibular disorder: a pilot study. *Headache.* 2012;52(3):441-454.
70. Younger JW, Shen YF, Goddard G, Mackey SC. Chronic myofascial temporomandibular pain is associated with neural abnormalities in the trigeminal and limbic systems. *Pain.* 2010;149(2):222-228.
71. Ploner M, Lee MC, Wiech K, Bingel U, Tracey I. Flexible cerebral connectivity patterns subserve contextual modulations of pain. *Cereb Cortex.* 2011;21(3):719-726.
72. Ploner M, Lee MC, Wiech K, Bingel U, Tracey I. Prestimulus functional connectivity determines pain perception in humans. *Proc Natl Acad Sci U S A.* 2010;107(1):355-360.
73. Suvinen TI, Reade PC, Kemppainen P, Könönen M, Dworkin SF. Review of aetiological concepts of temporomandibular pain disorders: towards a biopsychosocial model for integration of physical disorder factors with psychological and psychosocial illness impact factors. *Eur J Pain.* 2005;9(6):613-633.
74. Castrillon EE, Ernberg M, Cairns BE, et al. Interstitial glutamate concentration is elevated in the masseter muscle of myofascial temporomandibular disorder patients. *J Orofac Pain.* 2010;24(4):350-360.
75. Lawand NB, McNearney T, Westlund KN. Amino acid release into the knee joint: Key role in nociception and inflammation. *Pain.* 2000;86(1-2):69-74.
76. Omote K, Kawamata T, Kawamata M, Namiki A. Formalin-induced release of excitatory amino acids in the skin of the rat hindpaw. *Brain Res.* 1998;787(1):161-164.
77. Rosendal L, Larsson B, Kristiansen J, et al. Increase in muscle nociceptive substances and anaerobic metabolism in patients with trapezius myalgia: microdialysis in rest and during exercise. *Pain.* 2004;112(3):324-334.
78. Lee J, Saloman JL, Weiland G, Auh QS, Chung MK, Ro JY. Functional interactions between NMDA receptors and TRPV1 in trigeminal sensory neurons mediate mechanical hyperalgesia in the rat masseter muscle. *Pain.* 2012;153(7):1514-1524.
79. Clark GT. Classification, Causation and Treatment of Masticatory Myogenous Pain and Dysfunction. *Oral Maxillofac Surg Clin North Am.* 2008;20(2):145-157.
80. Terebesi S, Giannakopoulos NN, Brüstle F, Hellmann D, Türp JC, Schindler HJ. Small vertical changes in jaw relation affect motor unit recruitment in the masseter. *J Oral Rehabil.* 2016.43(4):259-68
81. Stanek IV E, Cheng S, Takatoh J, Han BX, Wang F. Monosynaptic premotor circuit tracing reveals neural substrates for oro-motor coordination. *Elife.* 2014;2014(3):1-3.

82. Westneat MW, Hall WG. Ontogeny of feeding motor patterns in infant rats: an electromyographic analysis of suckling and chewing. *Behav Neurosci.* 1992;106(3):539-554.
83. Takada K, Yashiro K, Sorihashi Y, Morimoto T, Sakuda M. Tongue, jaw, and lip muscle activity and jaw movement during experimental chewing efforts in man. *J Dent Res.* 1996;75(8):1598-1606.
84. Ishiwata Y, Ono T, Kuroda T, Nakamura Y. Jaw-tongue reflex: afferents, central pathways, and synaptic potentials in hypoglossal motoneurons in the cat. *J Dent Res.* 2000;79(8):1626-1634.
85. Yamamura K, Narita N, Yao D, Martin RE, Masuda Y, Sessle BJ. Effects of reversible bilateral inactivation of face primary motor cortex on mastication and swallowing. *Brain Res.* 2002;944(1-2):40-55.
86. Blanco Aguilera a., Gonzalez Lopez L, Blanco Aguilera E, et al. Relationship between self-reported sleep bruxism and pain in patients with temporomandibular disorders. *J Oral Rehabil.* 2014;41:564-572.
87. Fernandes G, Siqueira JTT De, Godoi Gonçalves DA De, Camparis CM. Association between painful temporomandibular disorders, sleep bruxism and tinnitus. *Braz Oral Res.* 2014;28(1):1-7.
88. Raphael KG, Sirois D a, Malvin N, et al. Sleep bruxism and myofascial temporomandibular disorders. *J Am Dent Assoc.* 2012;143(11):1223-1231.
89. Kawagoe T, Onodera K, Tokiwa O, Sasaguri K, Akimoto S, Sato S. Relationship between sleeping occlusal contact patterns and temporomandibular disorders in the adult Japanese population. *Int J Stomatol Occlusion Med.* 2009;2(1):11-15.
90. Nagamatsu-Sakaguchi C, Minakuchi H, Clark GT, Kuboki T. Relationship between the frequency of sleep bruxism and the prevalence of signs and symptoms of temporomandibular disorders in an adolescent population. *Int J Prosthodont.* 2007;21(4):292-298.
91. Rossetti LMN, Rossetti PHO, Conti PCR, De Araujo CDRP. Association between sleep bruxism and temporomandibular disorders: a polysomnographic pilot study. *Cranio - J Craniomandib Pract.* 2008;26(1):16-24.
92. Huang H, Song YH, Wang JJ, Guo Q, Liu WC. Excitability of the central masticatory pathways in patients with sleep bruxism. *Neurosci Lett.* 2014;558:82-86.
93. Gastaldo E, Quatralo R, Graziani A, et al. The excitability of the trigeminal motor system in sleep bruxism: a transcranial magnetic stimulation and brainstem reflex study. *J Orofac Pain.* 2006;20(2):145-155.
94. Carra MC, Huynh N, Lavigne G. Sleep Bruxism: A Comprehensive Overview for the Dental Clinician Interested in Sleep Medicine. *Dent Clin North Am.* 2012;56(2):387-413.
95. Kristal L. Bruxism: An Anxiety Response to Environmental Stress. In "Stress and Anxiety. Vol 5." (Spielberger C, Sarason I, eds.). Washington, DC: Hemisphere; 1978.
96. Pingitore G, Chrobak V, Petrie J. The social and psychologic factors of bruxism. *J Prosthet Dent.* 1991;65:443-446.
97. Biondi M, Picardi A. Temporomandibular joint pain-dysfunction syndrome and bruxism: etiopathogenesis and treatment from a psychosomatic integrative viewpoint. *Psychother Psychosom.* 1993;59(2):84-98.
98. Hartman E. Bruxism. In: *Principles and Practice of Sleep Medicine.* (Kryger, Roth, Dement, eds.). Philadelphia, W.B. Saunders Co; 1994.
99. Kampe T, Tagdae T, Bader G, Edman G, Karlsson S. Reported symptoms and clinical findings in a group of subjects with longstanding bruxing behaviour. *J Oral Rehabil.* 1997;24(8):581-587.
100. Lavigne GJ, Kato T, Kolta A, Sessle BJ. Neurobiological mechanisms involved in sleep bruxism. *Crit Rev Oral Biol Med.* 2003;14(1):30-46.
101. Halász P, Ujszászi J, Gádoros J. Are microarousals preceded by electroencephalographic slow wave synchronization precursors of confusional awakenings? *Sleep.* 1985;8(3):231-238.
102. Lavigne GJ, Rompré PH, Poirier G, Huard H, Kato T, Montplaisir JY. Rhythmic masticatory muscle activity during sleep in humans. *J Dent Res.* 2001;80(2):443-448.
103. Armijo-Olivo S, Pitance L, Singh V, Neto F, Thie N, Michelotti A. Effectiveness of Manual Therapy and Therapeutic Exercise for Temporomandibular Disorders: Systematic Review and Meta-Analysis. *Phys Ther.* 2016;96(1):9-25.
104. Gawriolek K, Azer SS, Gawriolek M, Piotrowski PR. Mandibular function after Myorelaxation Therapy in temporomandibular disorders. *Adv Med Sci.* 2015;60(1):6-12.
105. Peck CC, Wirianski A, Murray GM. Jaw motor plasticity in health and disease. *Comput Methods Biomech Biomed Engin.* 2010;13(4):455-458.
106. Lund JP, Donga R, Widmer CG, Stohler CS. The pain-adaptation model: a discussion of the relationship between chronic musculoskeletal pain and motor activity. *Can J Physiol Pharmacol.* 1991;69(5):683-694.
107. Murray GM, Peck CC. Orofacial pain and jaw muscle activity: a new model. *J Orofac Pain.* 2007;21(4):263-278; discussion 279-288.
108. Peck CC, Murray GM, Gerzina TM. How does pain affect jaw muscle activity? The integrated pain adaptation model. *Aust Dent J.* 2008;53(3):201-207.
109. Boudreau S, Romaniello A, Wang K, Svensson P, Sessle BJ, Arendt-Nielsen L. The effects of intra-oral pain on motor cortex neuroplasticity associated with short-term novel tongue-protrusion training in humans. *Pain.* 2007;132:169-178.
110. Au AR, Klineberg IJ. Isokinetic exercise management of temporomandibular joint clicking in young adults. *J Prosthet Dent.* 1993;70(1):33-39.

111. Feine JS, Lund JP. An assessment of the efficacy of physical therapy and physical modalities for the control of chronic musculoskeletal pain. *Pain*. 1997;71(1):5-23.
112. Dworkin SF, Huggins KH, LeResche L, et al. Epidemiology of signs and symptoms in temporomandibular disorders: clinical signs in cases and controls. *J Am Dent Assoc*. 1990;120(3):273-281.
113. Warren MP, Fried JL. Temporomandibular disorders and hormones in women. *Cells Tissues Organs*. 2001;169(3):187-192.
114. Fillingim RB. Sex, gender, and pain: women and men really are different. *Curr Rev Pain*. 2000;4:24-30.
115. Fillingim RB, Kaplan L, Staud R, et al. The A118G single nucleotide polymorphism of the mu-opioid receptor gene (OPRM1) is associated with pressure pain sensitivity in humans. *J Pain*. 2005;6(3):159-167.
116. Ribeiro-Dasilva MC, Peres Line SR, Leme Godoy dos Santos MC, et al. Estrogen Receptor- α Polymorphisms and Predisposition to TMJ Disorder. *J Pain*. 2009;10(5):527-533.
117. Abubaker a O, Hebda PC, Gunsolley JN. Effects of sex hormones on protein and collagen content of the temporomandibular joint disc of the rat. *J Oral Maxillofac Surg*. 1996;54(6):721-727; discussion 727-728.
118. Hashem G, Zhang Q, Hayami T, Chen J, Wang W, Kapila S. Relaxin and beta-estradiol modulate targeted matrix degradation in specific synovial joint fibrocartilages: progesterone prevents matrix loss. *Arthritis Res Ther*. 2006;8(4):R98.
119. Miyahara T, Hagiya N, Ohyama T, Nakamura Y. Modulation of human soleus H reflex in association with voluntary clenching of the teeth. *J Neurophysiol*. 1996;76(3):2033-2041.
120. Takada Y, Miyahara T, Tanaka T, Ohyama T, Nakamura Y. Modulation of H Reflex of Pretibial Muscles and Reciprocal Ia Inhibition of Soleus Muscle During Voluntary Teeth Clenching in Humans. *J Neurophysiol*. 2000;83(4):2063-2070.
121. Blair-Thomas CA, Luschei ES. Increases in reflex excitability of monkey masseter motoneurons before a jaw-bite reaction-time response. *J Neurophysiol*. 1975;38(4):981-989.
122. Michelotti a., De Wijer A, Steenks M, Farella M. Home-exercise regimes for the management of non-specific temporomandibular disorders. *J Oral Rehabil*. 2005;32(11):779-785.

REFERENCES

1. Ucar M, Sarp Ü, Koca, et al. Effectiveness of a home exercise program in combination with ultrasound therapy for temporomandibular joint disorders. *J Phys Ther Sci*. 2014;26(12):1847-1849.
2. Gervais RO, Fitzsimmons GW, Thomas NR. Masseter and temporalis electromyographic activity in asymptomatic, subclinical, and temporomandibular joint dysfunction patients. *Cranio - J Craniomandib Pract*. 1989;7:52-57.
3. Cooper BC, Cooper DL. Multidisciplinary approach to the differential diagnosis of facial, head and neck pain. *J Prosthet Dent*. 1991;66:72-78.
4. Bjorne A, Agerberg G. Reduction in sick leave and costs to society of patients with Meniere's disease after treatment of temporomandibular and cervical spine disorders: a controlled six-year cost-benefit study. *Cranio*. 2003;21(2):136-143.
5. Björne A. Assessment of temporomandibular and cervical spine disorders in tinnitus patients. *Prog Brain Res*. 2007;166(07):215-219.
6. Cherian K, Cherian N, Cook C, Kaltenbach J a. Improving tinnitus with mechanical treatment of the cervical spine and jaw. *J Am Acad Audiol*. 2014;24(7):544-555.
7. List T, Axelsson S. Management of TMD: Evidence from systematic reviews and meta-analyses. *J Oral Rehabil*. 2010;37(6):430-451.
8. Shaffer SM, Brismée J-M, Sizer PS, Courtney CA. Temporomandibular disorders. Part 2: conservative management. *J Man Manip Ther*. 2014;22:13-23.
9. Costa Y-M, Porporatti A-L, Calderon P-S, Conti P-C-R, Bonjardim L-R. Can palpation-induced muscle pain pattern contribute to the differential diagnosis among temporomandibular disorders, primary headaches phenotypes and possible bruxism? *Med oral, Patol oral y cirugía bucal*. 2016;21(1):e59-e65.
10. Santos Silva R Dos, Conti PCR, Lauris JRP, da Silva ROF, Pegoraro LF. Pressure pain threshold in the detection of masticatory myofascial pain: an algometer-based study. *J Orofac Pain*. 2005;19(4):318-324.
11. da Silva Parente Macedo LC, de Goffredo Filho GS, de Souza Tesch R, de Queiroz Farias Góes CP. Frequency of temporomandibular arthralgia among myofascial pain patients with pain on palpation of ipsilateral masseter. *Cranio*. 2015;33(3):206-210.
12. Shedden Mora M, Weber D, Borkowski S, Rief W. Nocturnal masseter muscle activity is related to symptoms and somatization in temporomandibular disorders. *J Psychosom Res*. 2012;73(4):307-312.
13. Clark GT, Beemsterboer PL, Rugh, JD. Nocturnal masseter muscle activity and the symptoms of masticatory dysfunction. *J Oral Rehabil*. 1981;8(3):279-286.
14. Tosato J de P, Caria PHF, Gomes CAF de P, et al. Correlation of stress and muscle activity of patients with different degrees of temporomandibular disorder. *J Phys Ther Sci*. 2015;27(4):1227-1231.
15. Kumar V, Malik NA, Visscher CM, Ebenezer S, Sagheb K, Lobbezoo F. Comparative evaluation of thickness of jaw-closing muscles in patients with long-standing bilateral temporomandibular joint ankylosis: a retrospective case-controlled study. *Clin Oral Investig*. 2015;19(2):421-427.
16. Lauriti L, Motta LJ, de Godoy CHL, et al. Influence of temporomandibular disorder on temporal and masseter muscles and occlusal contacts in adolescents: an electromyographic study. *BMC Musculoskelet Disord*. 2014;15:123.
17. Capellini VK, de Souza GS, de Faria CRS. Massage therapy in the management of myogenic TMD: a pilot study. *J Appl Oral Sci*. 2006;14:21-26.
18. Pierson MJ. Changes in temporomandibular joint dysfunction symptoms following massage therapy: a case report. *Int J Ther Massage Bodywork*. 2011;4:37-47.
19. Calixtre LB, Moreira RFC, Franchini GH, Albuquerque-Sendín F, Oliveira AB. Manual therapy for the management of pain and limited range of motion in subjects with signs and symptoms of temporomandibular disorder: a systematic review of randomised controlled trials. *J Oral Rehabil*. 2015;42(11):847-861.
20. Dhanani NM, Caruso TJ, Carinci AJ. Complementary and alternative medicine for pain: an evidence-based review. *Curr Pain Headache Rep*. 2011;15(1):39-46.
21. Wong JJ, Shearer HM, Mior S, et al. Are manual therapies, passive physical modalities, or acupuncture effective for the management of patients with whiplash-associated disorders or neck pain and associated disorders? an update of the bone and joint decade task force on neck pain and its ass. *Spine J*. 2015.S1529-9430(15)01234-6.
22. Teodorczyk-Injeyan JA, Injeyan HS, Ruegg R. Spinal manipulative therapy reduces inflammatory cytokines but not substance P production in normal subjects. In: *Journal of Manipulative and Physiological Therapeutics*. Vol 29.; 2006:14-21.
23. Degenhardt BF, Darmani NA, Johnson JC, et al. Role of osteopathic manipulative treatment in altering pain biomarkers: a pilot study. *J Am Osteopath Assoc*. 2007;107:387-400.
24. McPartland JM, Giuffrida A, King J, Skinner E, Scotter J, Musty RE. Cannabimimetic Effects of Osteopathic Manipulative Treatment. *J Am Osteopath Assoc*. 2005;105(6):283-91
25. Murray GM, Phanachet I, Uchida S, Whittle T. The human lateral pterygoid muscle: a review of some experimental aspects and possible clinical relevance. *Aust Dent J*. 2004;49(1):2-8.

26. Murray GM. The Lateral Pterygoid Muscle: Function and Dysfunction. *Semin Orthod.* 2012;18(1):44-50.
27. Bakke M, Møller E, Werdelin LM, Dalager T, Kitai N, Kreiborg S. Treatment of severe temporomandibular joint clicking with botulinum toxin in the lateral pterygoid muscle in two cases of anterior disc displacement. *Oral Surgery, Oral Med Oral Pathol Oral Radiol Endodontology.* 2005;100(6):693-700.
28. Conti PCR, Dos Santos Silva R, Nunes Rossetti LM, De Oliveira Ferreira Da Silva R, Do Valle AL, Gelmini M. Palpation of the lateral pterygoid area in the myofascial pain diagnosis. *Oral Surgery, Oral Med Oral Pathol Oral Radiol Endodontology.* 2008;105(3).
29. Turp JC, Minagi S. Palpation of the lateral pterygoid region in TMD - Where is the evidence? *J Dent.* 2001;29(7):475.
30. Barriere P, Zink S, Riehm S, Kahn JL, Veillon F, Wilk A. [Massage of the lateral pterygoid muscle in acute TMJ dysfunction syndrome]. *Rev Stomatol Chir Maxillofac.* 2009;110:77-80.
31. Han SC, Harrison P. Myofascial pain syndrome and trigger-point management. *Reg Anesth.* 1997;22(1):89-101.
32. Friction JR, Kroening R, Haley D, Siegert R. Myofascial pain syndrome of the head and neck: a review of clinical characteristics of 164 patients. *Oral Surg Oral Med Oral Pathol.* 1985;60(6):615-623.
33. Alonso-Blanco C, Fernández-de-Las-Peñas C, de-la-Llave-Rincón AI, Zarco-Moreno P, Galán-Del-Río F, Svensson P. Characteristics of referred muscle pain to the head from active trigger points in women with myofascial temporomandibular pain and fibromyalgia syndrome. *J Headache Pain.* 2012;13(8):625-637.
34. Shah JP, Phillips TM, Danoff J V, Gerber LH. An in vivo microanalytical technique for measuring the local biochemical milieu of human skeletal muscle. *J Appl Physiol.* 2005;99(5):1977-1984.
35. Shah JP, Danoff J V, Desai MJ, et al. Biochemicals associated with pain and inflammation are elevated in sites near to and remote from active myofascial trigger points. *Arch Phys Med Rehabil.* 2008;89(1):16-23.
36. Keenan JR. Unclear results for the use of botulinum toxin therapy for TMD pain. *Evid Based Dent.* 2015;16(4):122.
37. Weijenberg RAF, Lobbezoo F. Chew the Pain Away: Oral Habits to Cope with Pain and Stress and to Stimulate Cognition. *Biomed Res Int.* 2015;Article ID:7.
38. Lobbezoo F, Ahlberg J, Manfredini D, Winocur E. Are bruxism and the bite causally related? *J Oral Rehabil.* 2012;39(7):489-501.
39. Lobbezoo F, Naeije M. Bruxism is mainly regulated centrally, not peripherally. *J Oral Rehabil.* 2001;28(12):1085-1091.
40. Lobbezoo F, Van Der Zaag J, Naeije M. Bruxism: its multiple causes and its effects on dental implants - an updated review. *J Oral Rehabil.* 2006;33(4):293-300.
41. Wieckiewicz M, Paradowska-Stolarz A, Wieckiewicz W. Psychosocial Aspects of Bruxism: The Most Paramount Factor Influencing Teeth Grinding. *Biomed Res Int.* 2014;2014:1-7.
42. Shaffer SM, Brismée J-M, Sizer PS, Courtney CA. Temporomandibular disorders. Part 1: anatomy and examination/diagnosis. *J Man Manip Ther.* 2014;22(1):2-12.
43. George SZ, Bishop MD, Bialosky JE, Zepieri G, Robinson ME. Immediate effects of spinal manipulation on thermal pain sensitivity: an experimental study. *BMC Musculoskelet Disord.* 2006;7:68.
44. Bialosky JE, Bishop MD, Price DD, Robinson ME, George SZ. The mechanisms of manual therapy in the treatment of musculoskeletal pain: A comprehensive model. *Man Ther.* 2009;14:531-538.
45. Courtney CA, Witte PO, Chmell SJ, Hornby TG. Heightened Flexor Withdrawal Response in Individuals With Knee Osteoarthritis Is Modulated by Joint Compression and Joint Mobilization. *J Pain.* 2010;11:179-185.
46. Ono Y, Kataoka T, Miyake S, et al. Chewing ameliorates stress-induced suppression of hippocampal long-term potentiation. *Neuroscience.* 2008;154(4):1352-1359.
47. Kubo K-Y, Ichihashi Y, Kurata C, et al. Masticatory function and cognitive function. *Okajimas Folia Anat Jpn.* 2010;87(3):135-140.
48. Nitta E, Iwasa Y, Sugita M, Hirono C, Shiba Y. Role of mastication and swallowing in the control of autonomic nervous activity for heart rate in different postures. *J Oral Rehabil.* 2003;30(12):1209-1215.
49. Shiba Y, Nitta E, Hirono C, Sugita M, Iwasa Y. Evaluation of mastication-induced change in sympatho-vagal balance through spectral analysis of heart rate variability. *J Oral Rehabil.* 2002;29:956-960.
50. Kordass B, Lucas C, Huetzen D, et al. Functional magnetic resonance imaging of brain activity during chewing and occlusion by natural teeth and occlusal splints. *Ann Anat.* 2007;189:371-376.
51. Ono T, Hasegawa Y, Hori K, Nokubi T, Hamasaki T. Task-induced activation and hemispheric dominance in cerebral circulation during gum chewing. *J Neurol.* 2007;254(10):1427-1432.
52. Hasegawa Y, Ono T, Sakagami J, et al. Influence of voluntary control of masticatory side and rhythm on cerebral hemodynamics. *Clin Oral Investig.* 2011;15(1):113-118.
53. Onozuka M, Fujita M, Watanabe K, et al. Mapping brain region activity during chewing: a functional magnetic resonance imaging study. *J Dent Res.* 2002;81(11):743-746.
54. Quintero A, Ichescio E, Myers C, Schutt R, Gerstner GE. Brain activity and human unilateral chewing: an fMRI study. *J Dent Res.* 2013;92(2):136-142.
55. Tucha L. Gum Chewing and Cognition: An Overview. *Neurosci & Med.* 2012;03(03):243-250.