

Module 4 Resources

Healthcare Provider Resources

National Academies of Sciences, Engineering, and Medicine TMD Summary and Links
https://nap.nationalacademies.org/resource/25652/TMD_Clinician%20Action%20Guide.pdf

Veterans Health Administration Pain Management for Providers
<https://www.va.gov/PAINMANAGEMENT/Providers/index.asp>

ADA Choose Wisely Conservative Management Emphasis
<https://www.aafp.org/pubs/afp/collections/choosing-wisely/313.html>

Patient Resources

Diaphragmatic Breathing Worksheet
<https://www.med.umich.edu/1libr/Dentistry/OrofacialPain/DiaphragmaticBreathing.pdf>

Healthy Sleep Habits
<https://www.sleepfoundation.org/sleep-habits>

Tame the Beast
<https://www.tamethebeast.org/#tame-the-beast>

Understanding Pain
<https://www.health.mil/News/Gallery/Videos/2022/09/12/Understanding-Pain>

Oregon Pain Guidance
<https://www.oregonpainguidance.org/paineducationtoolkit/understandpain/>

Veterans Health Administration Pain Management for Veterans/Public
https://www.va.gov/PAINMANAGEMENT/Veteran_Public/

TMJ Association Patient Advocacy Website
<https://tmj.org>

Helpful Mobile Apps for Patients

Timer to Monitor Oral Parafunction

<https://www.bruxapp.info/bruxism/en/>

Diaphragmatic Breathing

<https://www.militaryonesource.mil/resources/mobile-apps/breathe2relax/>

Veterans Administration Apps

CBT-I for Sleep <https://mobile.va.gov/app/cbt-i-coach>

Insomnia Coach for Sleep <https://mobile.va.gov/app/insomnia-coach>

Mindfulness Coach <https://mobile.va.gov/app/mindfulness-coach>

PTSD Coach <https://mobile.va.gov/app/ptsd-coach>

Acceptance & Commitment Therapy <https://mobile.va.gov/app/act-coach>

Whole Health <https://mobile.va.gov/app/live-whole-health>

Module References

Open Access (Free)

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Paid Access

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Haroutiunian S, et al. Topical NSAID therapy for musculoskeletal pain. *Pain Med*. 2010;11(4):535-549. <https://pubmed.ncbi.nlm.nih.gov/20210866/>

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Argoff CE. A review of the use of topical analgesics for myofascial pain. *Curr Pain Headache Rep*. 2002;6(5):375-378. <https://pubmed.ncbi.nlm.nih.gov/12207850/>

Textbooks

Klasser GD, Romero-Reyes, M. *American Academy of Orofacial Pain: Guidelines for Assessment, Diagnosis, and Management*. Quintessence Publishing, 2023. https://www.quintessence-publishing.com/usa/en/product/orofacial-pain_1

Okeson, Jeffrey P. *Management of temporomandibular disorders and occlusion*. 8th Edition. Elsevier Health Sciences, 2019. <https://shop.elsevier.com/books/management-of-temporomandibular-disorders-and-occlusion/okeson/978-0-323-58210-0>