



## Module 5: Bruxism and Beyond Unravelling the Mysteries of Chronic Musculoskeletal Pain

### 1. Introduction and Overview: 00:00:07

- Introduction to the module and the connection between oral health and general health.
- Introduction to the topic of bruxism and musculoskeletal pain.

### 2. Understanding Chronic Musculoskeletal Pain: 00:05:00

- Discussion on the prevalence and impact of chronic musculoskeletal pain.
- Statistics on chronic pain and its costs.

### 3. Etiology of Tension-Type Headaches: 00:15:00

- Exploration of tension-type headaches and their prevalence.
- Studies on the etiology and unknown causes of tension type headaches.

### 4. Pain Mechanisms & Rationale for Diagnosis & Treatment: 00:30:00

- Explanation of pain mechanisms, including peripheral and central components.
- The role of fibrous tissue in maintaining inflammation.

### 5. Historical Perspectives and Influences: 00:45:00

- Contributions of Dr. Janet Travell and James Cyriax to the understanding of musculoskeletal pain.
- The importance of understanding pain sources and treatment reaching the source.



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6. Neuroanatomy (Central & Autonomic) and Pain Transmission: 01:00:00
  - Detailed discussion on the neuroanatomy of pain transmission.
  - The role of the trigeminal nerve and autonomic nervous system in pain.
  
7. Holistic Health Model: 01:15:00
  - Introduction to a holistic approach to treating chronic musculoskeletal pain.
  - Factors influencing pain, including diet, stress, posture, and breathing.
  
8. Role of the Dentist and Oral Health: 01:30:00
  - Examination of the dentist's role in diagnosing and treating musculoskeletal pain.
  - The impact of jaw clenching and grinding on overall health.
  
9. Conclusion and Summary: 01:35:00
  - Summary of the lecture's key points.
  - Final thoughts on the importance of integrating oral health into overall health practices.