



The office syndrome: a potential risk factor of TMD and headache. maybe vice versa?

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Abstract

Have you ever brought home from work with a headache, nausea, fatigue, red eyes, chest tightness, or various aches and chronic pains? If yes, you might experience so called sick office, office syndromes (OFS), or sick building syndromes (SBS). This syndrome describes a myriad of ailments reported by office workers. OFS presents headache and neck, shoulder and back pain, aching arms, wrists and fingers, numbness of wrists or feet, eye stain, dry eyes, and pain related to chronic underlying illness, such as arthritis or neuritis. In psychological aspects, patients with OFS have fatigue, stress, and lack of concentration. Temporomandibular joint and muscle disorders (TMD) are a very common musculoskeletal condition resulting in chronic pain and disability. The ignored, but potential relationship between OFS and TMD is not far from being linear; nevertheless, it has never been dealt with in other reviews. Since the jaw, head and neck position work all together very closely; therefore, postural issues should be taken into account when patients experience TMD symptoms, headache, and OFS.

This review addresses current understanding of the correlation of OFS, TMD, and headache attributed to TMD, as well as their classification, epidemiology, and neurobiological mechanism of central sensitization.

Key words: temporomandibular disorders, headaches, office syndromes, chronic pain, sick building syndromes, central sensitization, headache attributed to TMD.

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