



THE TEMPOROMANDIBULAR JOINT CLINIC

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at the lister hospital

A comprehensive service  
for private patients with  
temporomandibular joint disorders

## The Temporomandibular Joint Clinic at The Lister Hospital

The TMJ Clinic at The Lister Hospital is run by an established multidisciplinary team.

Founder and clinical lead is Mr Shaun Matthews, Consultant Oral and Maxillofacial Surgeon, who has an international reputation in the management of TMJ disorders. He works closely with Dr Tim Poate, Consultant in Oral Medicine with a special interest in facial pain, and Helen Cowgill, a Clinical Specialist TMJ physiotherapist.

Together, the team is responsible for the TMJ service at King's College Hospital, founded in 2009. Their service at King's has an outstanding national reputation with solid and published outcome data.<sup>1</sup>

The team is pleased to now offer the specialist TMJ service to private patients at The Lister Hospital.

<sup>1</sup> Around 94% of patients treated at King's reported a significant improvement in their quality of life

## The TMJ team at The Lister Hospital



**Mr Nigel Shaun Matthews**

**Consultant Oral and Maxillofacial Surgeon  
FDS FRCS(Edin) FRCS(OMFS)**

Trained at Canniesburn Hospital in Glasgow, specialising in maxillofacial trauma, dentofacial deformity and TMJ surgery. Appointed Consultant Surgeon at Charing Cross and the West Middlesex Hospital in 2003, then at King's College Hospital in 2006. Founded the King's College Hospital TMJ service in 2009.



**Dr Tim Poate**

**Consultant in Oral Medicine  
MBBS BDS FDSRCS(OMed) MRCS**

Completed his degree in dentistry at Guy's Hospital and then his medical degree at St Bart's and went on to specialise in oral medicine at King's College Hospital. He is currently a Consultant in Oral Medicine at King's, where he runs a facial pain clinic within a multidisciplinary team.



**Ms Helen Cowgill**

**Clinical Specialist TMJ Physiotherapist  
BSc (Hons) Physiotherapy MCSP SRP MMACP MAACP**

Completed her degree in physiotherapy from St George's Medical School. Helen is a Clinical Lead Physiotherapist at King's College Hospital, Clinical Director of TMJ Physio and is one of the UK's few Clinical Specialist TMJ physiotherapists.

## Why a TMJ clinic at The Lister Hospital

The demand for a private TMJ clinic is high. Jaw joint problems are surprisingly common but they tend to be diagnosed and treated sub-optimally by non-specialists.

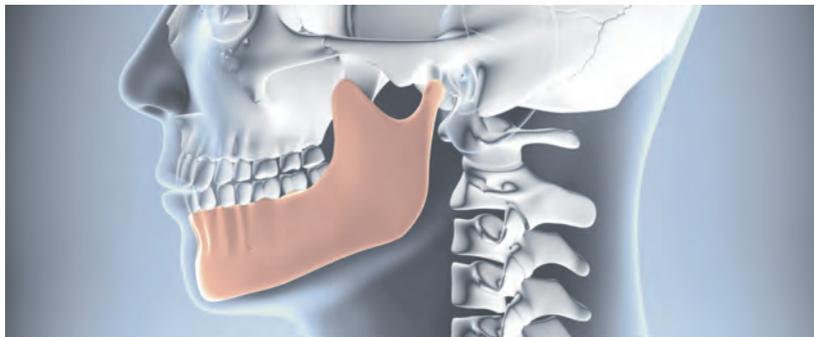
- Between 25% and 40% of people in the general population can expect to develop either pain or loss of function due to inflammation, derangement or degeneration of the joint itself
- TMJ disorders are often picked up by dentists and are referred to a variety of medical and dental specialties, which offer a patchy and inconsistent approach.

Although not life threatening, TMJ disorders have a huge impact on quality of life:

- Patients affected are often young and otherwise healthy but symptoms include facial pain, which can be extremely debilitating
- The chronic nature of the disorder affects work, family life and the ability to enjoy a social life
- The incidence of depression and anxiety is high in TMJ patients.

### **We offer convenient appointments, combined with clinical excellence**

Patients can make their own appointment at The TMJ Clinic, or be referred by their GP or dentist. The expertise and experience available in our team means a fast, accurate diagnosis with bespoke treatment for each patient.



## Our approach to diagnosis

TMJ disorders produce a range of symptoms that are also common to other conditions. The crucial first step is ensuring a correct diagnosis.

Patients always receive an initial consultation from one of our TMJ or facial pain specialists and may be referred between each after their initial assessment depending on the patient's specific needs.

### **Initial investigations**

The initial consultation may involve:

- 1.** Assessment of medical history and review of the patient's lifestyle, occupation and social history
- 2.** In depth physical examination including examination of the facial muscles, postural assessment, head, neck and shoulder muscles and may reveal evidence that the patient grinds their teeth
- 3.** X-rays of the head, including smaller dental x-rays which can rule out other potential causes of the symptoms experienced.
- 4.** An MRI scan which can show internal derangement of the TMJ, or disc displacement, which often results in reduced jaw mobility.

Each investigation reveals the cause of the TMJ disorder in most cases, enabling the team to devise a specific treatment plan.

## Treating TMJ disorders

The intention is always to provide a conservative approach to therapy for TMJ disorders.

The first step is to reduce patient anxiety by giving them their diagnosis and explaining that they are unlikely to have something more serious. Many patients worry that facial pain is due to cancer.

### Conservative treatments

The majority of TMJ disorders respond extremely well to specific TMJ physiotherapy and the TMJ Clinic's Clinical Specialist TMJ physiotherapist, Helen Cowgill, offers a comprehensive physiotherapy consultation, including in depth assessment of the patient posture, head and neck alignment, muscle balance, lifestyle and sleeping habits.

Physiotherapy treatment can include manual and soft tissue therapy, acupuncture, exercise therapy, electrotherapy, advice on changing habits and pilates for posture correction.

For patients whose teeth grinding is the source of the problem, mouth splints worn at night can help.

### Medical treatment

Pain relief is crucial and our Consultant in Facial Pain, Dr Tim Poate is an expert in the most effective relief against facial and neuropathic pain. Follow up ensures that the correct dosage and drugs provide effective pain relief.

Referrals can be made for patients whose anxiety or depression require separate therapy.

### TMJ surgery

For most patients, surgery is less likely and is considered as a further option if all other treatment fails. An exception is a patient whose MRI scan shows a structural TMJ abnormality that is best treated through immediate surgery.

Mr Matthews offers a range of surgical options, including arthroscopy, jaw joint wash out procedures, as well as complete jaw joint replacement using a titanium prosthesis.

## Why choose The TMJ Clinic at The Lister Hospital?

- Our team of specialists are leaders in this field; their TMJ clinics at King's College Hospital are nationally recognised and their expertise is demonstrated by sound outcome data
- Our private clinics are accessible through referral from a dentist or GP, from another consultant, or by the patient themselves
- Appointments are arranged quickly, with no lengthy waiting times. The appointment itself is flexible, with evening slots available
- Our approach to diagnosis and treatment of TMJ disorders reflects the best clinical practice employed by the team in their NHS work at King's
- Patients with chronic pain for many months or even years, who may have experienced mismanagement by non-specialists, can improve dramatically with the correct diagnosis and a combination of specific TMJ physiotherapy, lifestyle changes, exercises and pain relief.

*I saw the need for a TMJ service within the NHS around six years ago and we spent time in Austria looking at the model of TMJ clinics there. The bespoke MDT-based clinic at King's is in high demand and our results speak for themselves. Around **94%** of patients we treat report a significant improvement in their quality of life. I am delighted that we can now offer access to private patients through The Lister Hospital.*

**Mr N. Shaun Matthews,**  
Consultant Oral and Maxillofacial Surgeon



The Lister Hospital is situated in Chelsea on the north side of the River Thames. It is within easy access of Sloane Square and Victoria stations with good rail and road links to London's main airports.

**By car:** Please be aware that local parking facilities are limited and we advise visitors to use the public car parks as shown on the map.

**By tube:** The nearest Underground stations are Sloane Square (10 minutes' walk) and Victoria.

**By bus:** Bus numbers 44, 137, 360 and 452 stop outside the hospital.

**By train:** The nearest mainline station is Victoria. It is about a 15-minute walk from the hospital and has good connections to the underground system.



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**Make an appointment at the TMJ Clinic:**

**t:** +44 (0)20 7881 4000

**e:** [listerappointments@hcahealthcare.co.uk](mailto:listerappointments@hcahealthcare.co.uk)