

Use of Theraflex-TMJ Topical Cream for the Treatment of Temporomandibular Joint and Muscle Pain

Silvia Lobo Lobo, D.D.S., M.S.; Noshir Mehta, D.M.D., M.D.S., M.S.;
Albert G. Forgione, Ph.D.; Marcello Melis, D.M.D., R.Pharm.; Emad
Al-Badawi, B.D.S., M.S.; Caroline Ceneviz, D.D.S.; Khalid H. Zawawi, B.D.S.

ABSTRACT: This randomized, double-blind study was designed to evaluate the effectiveness of the topical cream Theraflex-TMJ (NaBob/Rx, San Mateo, CA) in patients with masseter muscle pain and temporomandibular joint (TMJ) pain. Fifty-two subjects (5 males and 47 females) were instructed to apply a cream over the afflicted masseter muscle(s) or over the jaw joint(s) twice daily for two weeks. Theraflex-TMJ cream was used by the experimental group, while a placebo cream was used by the control group. The means of pain ratings were calculated prior to the application of the cream (baseline), after ten days of tx (period 1), and 15 days of tx (period 2) days of treatment and five days after stopping the treatment (follow-up). There was a significant decrease in reported pain levels from baseline in the experimental group for period 1 ($p < 0.01$), period 2 ($p < 0.001$), and follow-up ($p < 0.01$). For the control group, no significant differences were found between the different time periods ($p > 0.05$). There was evidence of minor side effects such as skin irritation and/or burning on the site of the application in two subjects in the experimental as well as two subjects in the control groups. The data strongly suggest that Theraflex-TMJ topical cream is safe and effective for reducing pain in the masseter muscle and the temporomandibular joint.