

New Asian techniques help beat the agony of TMJ or TMD

Dentist Dr. Mike Pilar sees dozens of patients who come to him in pain from TMJ or TMD. They come to him because they've heard of his amazing success with this painful jaw disorder.

"Often the problems are not the pains in the jaw, but the muscles," Dr. Pilar told us. "For example a muscle in your mid-back could be responsible for a temporal headache. Treating the aching area of your head might not cure the problem."

So Dr. Pilar first attacks the pain using a procedure called ETPS – for Electro Therapeutic Point Stimulation. Then he uses his dental skills to make sure the pain never comes back.

We asked Dr. Pilar exactly what ETPS is:

"It is the newest therapy being utilized to combat chronic and acute pain throughout North America. It is a non-invasive therapy applying concentrated, low frequency stimulation to the body following the principles set forth:

"The first principle deals with acupuncture sites (points), which are incorporated into the treatment process. Different treatment processes are referred to as "protocols"

"The second principle involves ETPS's ability to figure out the patient's pain patterns, correlate the patterns to the patient's nerve pathways and locate muscle spasm point areas (contracted motor bands) with great accuracy.

"Applying ETPS to these point areas, help to reduce swelling, relax muscles and relieve pain. These points are usually directly involved with the injured muscles and are easy to isolate because they are often hypersensitive or tender when pressed. These tender points, which are muscle spasms are referred to as "trigger points" (points within muscles that have large bundles of nerve endings close to the surface of the skin).

"ETPS also has the ability to locate, isolate and treat 'trigger points' buried deep beneath the skin. These sites are not easily

located by the patient.

"The third principle is when ETPS therapy is applied to an area surrounding a scar on the surface or deep below the skin, it is possible to break up the scar tissue, increasing blood circulation, energy flow, and significantly improve range of motion.

"The fourth principle deals with ETPS's ability to locate and stimulate areas causing the pain which may not be the same areas where the patient perceives the pain to be coming from."

Dr. Pilar adds: "I find that ETPS's ability to treat different conditions and multiple receptive point sites, produce an effective and versatile approach to acute (new onset) and chronic (long term) pain management.

"By using ETPS in combating head-neck acute and chronic pain, cases resolve faster without use of medication."

ETPS first derived its roots from the ancient art of acupuncture. In acupuncture, all points (called acupoints) have a relationship with specific areas of the body. Many acupoint sites when treated often have a beneficial therapeutic effect for disorders far removed from their actual location on the body.

These acupoint sites treated provide an overall form of pain relief throughout the body by stimulating the release of natural pain relievers, called endorphins from the anterior pituitary gland.

Dr. Pilar explains: "With ETPS, I am able to duplicate and exceed acupuncture's endorphin response. These natural pain relievers circulate through out the body and assist in relieving pain and speeding up the healing process."

Dr. Pilar adds: "Most dentists look at it

as a tooth problem or a joint problem. I bridge medicine and dentistry together."

As a result, he can get medical rather than dental insurance to cover the treatment, which is a major breakthrough.

Dr. Pilar is located at 93 Route 303, Tappan (359-1770).

ETPS Paraspinal Therapy



Dr. Pilar works on a patient with Electro Therapeutic Point Stimulation. It releases natural pain relievers, called endorphins, from the anterior pituitary gland.