Oxnard TMJ Therapy Provider Debunks Invisalign Jaw Pain Myth

September 14, 2026

September 14, 2026 -
Oxnard Dentistry, a general dentistry and orthodontics practice with more than 900 Google reviews, is clarifying a misconception it hears regularly from Ventura County patients: Invisalign is not a treatment for temporomandibular joint disorder, and unexplained jaw pain warrants a TMJ evaluation first.

The question comes up often at the practice, which draws patients from Oxnard, Port Hueneme, Camarillo and Ventura. People arrive with morning headaches, a clicking jaw or trouble chewing, and many have read online that clear aligners will solve the problem by straightening their bite. Oxnard Dentistry offers both Invisalign and TMJ therapy at its north Oxnard office, and it treats them as two separate things. Invisalign is an orthodontic system that moves teeth. TMJ therapy addresses a joint and the muscles around it.

"Patients come in asking whether aligners will stop their jaw pain, and my job is to find the real cause first. Our approach starts with a full evaluation, not a shortcut," said Kourosh Keihani, DDS, a cosmetic and general dentist at Oxnard Dentistry.

The temporomandibular joint connects the jaw to the skull and works like a hinge during speaking, chewing

and swallowing. Symptoms of a disorder include tenderness in the jaw, facial or neck pain, frequent headaches, ear pain or a feeling of fullness in the ear, limited jaw movement and clicking or popping sounds when opening or closing the mouth. Common contributors include bruxism, the chronic grinding or clenching of teeth, along with jaw trauma, arthritis and stress-related muscle tension. The National Institute of Dental and Craniofacial Research, part of the National Institutes of Health, advises that care for these disorders begin with conservative, reversible measures, and it cautions that the scientific evidence does not support irreversible approaches such as extensive bite alteration or orthodontic repositioning as a treatment for the condition.

Oxnard Dentistry's process follows that order. Keihani takes a symptom history, examines the sensitive areas of the face and watches how the patient opens and closes the mouth. Imaging is added when the joint structure needs a closer look. From there the plan may include a custom-fitted night guard to keep the upper and lower teeth from making contact, gentle at-home jaw exercises, changes to habits such as gum chewing or leaning on the chin, and stress-management techniques. Many cases settle within a few months with consistent care. On-site digital imaging and cone beam computed tomography let the team assess the joint without sending patients elsewhere, and the practice accepts Denti-Cal, most PPO plans and HMOs, which removes a common reason people put off having jaw pain looked at.

Invisalign does have a defined job. The clear aligner system corrects crossbite, overbite, underbite, open bite, crowding and gaps between teeth, and for some patients a corrected bite reduces uneven load on the chewing muscles. That is a possible secondary benefit for the right candidate, not a treatment plan for a joint disorder, and it is decided after an evaluation rather than before one.

"Straightening teeth and treating a joint disorder are two different goals. When a bite problem is part of the picture, we address it as one piece of a broader plan," Keihani said.

Residents of Oxnard and the surrounding Ventura County communities who are living with jaw tenderness, clicking or limited jaw movement can schedule a TMJ evaluation with Keihani at Oxnard Dentistry by calling (805) 604-9999 or booking a visit at https://oxdentistry.com/services/tmj-therapy/

This information is provided for educational purposes only and is not a substitute for professional medical advice, diagnosis or treatment. Always consult a qualified healthcare provider for personal health decisions.

About Oxnard Dentistry

Oxnard Dentistry is a general dentistry and orthodontics practice that has served Oxnard and Ventura County

for more than nine years. The team, led by Kourosh Keihani, DDS, a graduate of the University of Southern California School of Dentistry, provides TMJ therapy, Invisalign, cosmetic dentistry, implants and emergency care. The practice is located at 1730 E Gonzales Rd, Oxnard, CA 93036, and can be reached at (805) 604-9999 or https://oxdentistry.com/

###

For more information about Oxnard Dentistry, contact the company here:Oxnard DentistryDr. Tariq Jabaiti+18053078731info@oxdentistry.com1730 E Gonzales Rd, Oxnard, CA 93036, United States

Oxnard Dentistry

Oxnard Dentistry is a premier dental clinic in Oxnard, California. The practice offers exceptional services in, high-quality orthodontics, general and restorative dentistry.

Website: https://oxdentistry.com/

Email: info@oxdentistry.com

Phone: +18053078731