

TMD Course Description

Course Title: Evaluation and Treatment of Temporomandibular Disorders

Instructor: Steve Kraus PT OCS MTC CCTT CODN

Description: Pain and dysfunction involving the temporomandibular joint(s) (TMJ) and/or masticatory muscles are collectively referred to as a temporomandibular disorder (TMD). TMD is a common source of jaw, headaches and orofacial pain and contributes to functional limitations associated with chewing, talking and yawning. An overview of clinical anatomy and mechanics of the TMJ is discussed. An evidence based examination used to diagnose the common diagnostic subsets of TMD is discussed and practiced in lab. An evidence based informed escalation-of-treatment approach will be covered for TMD to include patient education, modalities, exercises, and manual procedures. Surgical and non-surgical treatments for disc displacements will be reviewed. Post-surgical physical therapy management of the TMJ will be discussed. The rationale for the use of the various oral appliances fabricated by dentists will be highlighted. Cervical spine influences on the management of TMD and headache will be discussed. The team approach between the physical therapy and dental professions will be highlighted throughout the course.

Contact Hours: This is a 15-hour course equivalent to 1.5 CEUs.

Course Objectives:

Upon completion of this course, the participant will be able to:

- Identify and discuss the more common disorders of the TMD
- Discuss and analyze the clinical findings of a TMD evaluation.
- Recognize the indications for intraoral mobilization techniques.
- Offer treatment procedures for the common diagnostic subsets of TMD.
- Recognize the role of the cervical spine in the management of TMD and headache.
- Understand indications and assess the designs of an oral appliance for the treatment of TMD.

Course Format: Instructor-led course: Lecture and Lab sessions.
Course is for physical therapists and physical therapists assistance.
Dentists and Physicians can attend.

Course Schedule

Saturday – Day 1

8:00 AM – Registration

8:30 AM

- Course Begins
- TMJ Anatomy
- Mandibular and Joint Dynamics

10:00 AM – Break

10:15 AM

- Diagnostic and Treatment guidelines
- Demographic Profile and associated complexities of the TMD patient

12:00 PM – Lunch

1:00 PM

- Masticatory Muscle Pain – Evaluation and Treatment (to include trismus)

3:30 PM – Break

3:45 PM

- Arthralgia – Evaluation and Treatment (to include hypermobility)

5:30 PM – Adjourn

Sunday – Day 2

8:00 AM – Review of Day One

8:30 AM

- Disc Displacements – Evaluation
 - Disc Displacement with Reduction
 - Disc Displacement without Reduction with limited opening
 - Disc Displacement without Reduction without limited opening

10:30 AM – Break

10:45 AM

- Disc Displacements – Treatment
 - Surgical Options – arthroplasty, arthrocentesis, and arthroscopy
 - Post / op physical therapy management
 - Non-Surgical Options – Oral appliance(s) and Physical Therapy

12:00 PM – Break

1:00 PM

- Review of evaluation and treatment of TMD

2:30 PM – Break

2:45 PM

- Oral Appliances; indications and structural design

4:00 PM

- Cervical Spine A source for orofacial / headache symptoms

5:00 PM – Adjourn