Evaluation and Management of Temporomandibular Disorderswith Cervical Spine Considerations

Instructor

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Course 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. Characteristics of patients experiencing TMD will be identified. An overview of clinical anatomy and mechanics of the TMJ will be covered. The evidence-based examination for all common diagnostic subsets of TMD are discussed. An evidence-based informed treatment will be covered for each diagnostic subset of TMD. Treatments covered to include but not limited to patient education, behavioral modification, modalities, exercises, and manual procedures. Surgical and non- surgical treatments for disc displacements will be reviewed as well as post op physical therapy management. The rationale for the use of the various oral appliances fabricated by dentists will be highlighted. Features of an oral appliance will be covered to determine if the oral appliance is an evidence-based design. Cervical spine considerations in the management of TMD and headache will be discussed. Team approach between the physical therapist and dentist/oral surgeon will be emphasized in this course.

Course Objectives

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

- Describe the pathophysiology of all common diagnostic subsets of TMD
- Perform the history & physical examination for each diagnostic subset of TMD
- Formulate physical therapy treatment strategies for each diagnostic subset of TMD
- Explain the indications and objectives for other treatment strategies for TMD to include an oral appliance, minimal invasive surgery, invasive surgery, and psychosocial distress management.
- Discuss cervical spine connections to TMD and Headache
- Explain TMD misconceptions and misinformation that affects treatment outcomes.

Continuing Competency Hours (CCHs)

10 CCHs are awarded for the completion of this course (1 Continuing Competency Hour = 1 CCH = 1 Clock Hour)

Course Structure

An online learning course that requires passing a post-test that is mandatory to receive a certificate of attendance

Target Audience

Physical therapists and physical therapist assistants. Other healthcare professionals interested in understanding TMD management will benefit from taking this course.

Course Content

	CCHs
Module 1 - A Current Understanding	1.1
Module 2 - TMJ Anatomy	0.6
Module 3 - Mandibular and Disc Dynamics	0.5
Module 4 - Myogenous Disorders Diagnosing and Management	1.5
Module 5 - Lateral Pterygoid Spasm and Trismus Diagnosing and Management	0.7
Module 6 - Arthralgia Diagnosing and Management	0.3
Module 7 - Subluxation Diagnosing and Management	0.4
Module 8 - Disc Displacements o Diagnosing and Physical Therapy Management o Other treatment options for disc displacements • Anterior repositioning appliance • TMJ arthrotomy, arthroscopy and arthrocentesis	2.0
Module 9 - Degenerative Joint Disease Diagnosing and Management	0.3
Module 10 - Cervical Spine and TMD/Headache connections	1.1
Module 11 - Oral Appliance Indications and design of an evidence-based oral appliance	1.5
Total	10 CCHs

Certificate of Attendance

After passing the post-test, a certificate of attendance for 10 CCH is awarded to the attendee