

Temporomandibular Disorders (TMD) refer to several highly common clinical disorders that involve the masticatory muscles, the temporomandibular joint (TMJ) and the adjacent structures. TMD is one of the most frequent causes of orofacial pain & headache and is associated with basic functional limitations such as difficulties in chewing, talking and yawning. Additionally TMD patients tends to suffer from other disabling pain syndromes such as Migraine, tension type HA and neck pain – therefore introducing a challenge to clinicians.

In this course, participants will learn an effective evidence informed assessment & practical management of people with TMD.

After completing to course participant will be able to:

1. Know the up to date scientific background of musculoskeletal pain & dysfunction in Cranio-Mandibular region
2. Recognize signs & symptoms of serious medical problems (not musculoskeletal) in people with Cranio-Mandibular pain (i.e. red flags) and will know how to respond accordingly
3. Practically know how to assess, evaluate & recognize common clinical patterns in people with TMD
4. Practical use of the relevant clinical reasoning for management of people with TMD
5. Effectively & safely treat people with TMD using hands on & exercise modalities

Program

30 November 2018

Day 1

08.30 – 09.00 Registration

09.00 – 11.00 Clinical oriented scientific background:

- Clinical anatomy of masticatory system
- kinesiology, mechanics & patho-mechanics of the TMJ
- Neck-Jaw connections: anatomical & functional
- Upper neck & orofacial pain – neuroanatomical mechanism
- Epidemiology of TMD
- Etiology of TMD
- Psychosocial factors in TMD
- Common dental approach to TMD (oral appliance, behavioral therapy, surgical options)

11.00 – 11.30 Morning coffee

11.30 – 13.00 Clinical reasoning of temporomandibular disorders:

- Pain related TMD (myogenic TMD, arthralgia)
- Intra-articular TMD (different disc dysfunctions)

- Degenerative TMD (mainly osteoarthritis of TMJ)

13.00 – 13.45 Lunch time

13.45 – 15.15 Assessment & therapeutics of the TMD: topographical anatomy, evidence based diagnostics of TMD (DC-TMD assessment tools) – clinical applications for physiotherapists

15.15 – 15.30 Coffee break

15.30 – 17.00 Assessment & therapeutics of pain related TMD: myogenic components

1 December 2018

Day 2

08.30 – 09.00 Summary of day 1

09.00 – 09.30 Dental background: oral appliances & bruxism

09.30 – 11.00 Assessment & therapeutics of pain related & degenerative TMD: TMJ components

11.00 – 11.30 Morning coffee

11.30 – 13.00 Assessment & therapeutics of intra-articular TMD: rehabilitation approaches to the different TMJ disc conditions

13.00 – 13.45 Lunch time

13.45 – 15.15 Assessment & therapeutics upper neck involvement in TMD: upper neck differential diagnosis, upper neck short segmental assessment

15.15 – 15.30 Coffee break

15.30 – 17.00 Real case study demonstration & brain storming.

End of course