



# **Evaluation and Treatment of the Temporomandibular Joint**

## **Course Description:**

This 2-day seminar includes ~60% hands-on lab and ~40% didactic components. The majority of the course is spent learning examination and mobilization techniques of the temporomandibular joint along with relevant evaluation of upper cervical spine. Extensive lab practice time is dedicated to learning manual therapy techniques involving examination and treatment of the TMJ. This course includes further didactic training, including utilizing current evidence, to present the different diagnosis and treatment classifications of TMJ disorders. Additionally, a live patient evaluation will be performed and supplemental video content for this course will be provided to participants.

## **Course Objectives:**

- The participant will describe anatomy, biomechanics, and arthrokinematics of the temporomandibular joint.
- The participant will be able to perform evaluation techniques and identify the appropriate diagnosis and classification.
- The participant will be able to perform thorough subjective history, relevant palpation, and objective examination techniques in order to comprehensively evaluate the TMJ.
- The participant will be able to comprehensively develop a treatment program for disorders of the TMJ.
- The participant will accurately demonstrate manual therapy techniques on a lab partner for the TMJ and upper cervical joint regions.

## **Course Schedule:**

### **Day 1 - Saturday**

7:30- 8:00 Registration

8:00- 10:00 Anatomy, biomechanics, and arthrokinematics of temporomandibular joint and related structures, differential diagnosis, and classification

10:00- 10:10 Break

10:10- 12:00 Lecture/Lab: Subjective evaluation, initial observation from history and interview, goals of the subjective examination, red flags for differential diagnosis, posture analysis lab

12:00- 12:45 Lunch - on your own

12:45- 2:45 Lecture/Lab: TMJ AROM, palpation

2:45- 3:00 Break

3:00- 5:00 Lecture/lab: manual muscle testing, accessory motion testing/special testing, cervical screening

### **Day 2 - Sunday**

8:00- 10:00 Review of day 1 techniques

10:00- 10:10 Break

10:15- 12:00 Treatment techniques: joint and soft tissue mobilization, therapeutic exercise and neuromuscular re-education exercises

12:00-12:45 Full Mock Evaluation

12:45- 1:00 Wrap up and final Q & A