

## Cranio-Mandibular (CM) – 24 Hours

Course title	CM therapeutics
Instructor	Tzvika Greenbaum, BPT MaPT (Manip & Sports) PhD
Participants	Physiotherapists, Osteopaths, Chiropractors
Description	<p>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 &amp; 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.</p> <ul style="list-style-type: none"> <li><b>In this course, participants will learn effective evidence informed assessment &amp; practical management of people with TMDs and associated disorders.</b></li> </ul>
Contact hours	This is a <b>24 hour</b> course (3 full days)
Course objectives	<p>After completing to course participant will be able to:</p> <ol style="list-style-type: none"> <li>1. Know the up-to-date scientific background of musculoskeletal pain &amp; dysfunction in Cranio-Mandibular region.</li> <li>2. Recognize signs &amp; symptoms of serious medical problems (not musculoskeletal) in people with Cranio-Mandibular pain ( i.e. red flags) and will know how to respond accordingly.</li> <li>3. Practically know how to assess, evaluate &amp; recognize common clinical patterns in people with TMDs.</li> <li>4. Practical use of the relevant clinical reasoning for management of people with TMD and associated disorders.</li> <li>5. Effectively &amp; safely treat people with TMD using hands on &amp; exercise modalities.</li> </ol>
Course format	Instructor led course: lectures (40%) & practical (60%) sessions

<b>1. Day</b> 8:30-9:00	Registration
9:00-11:00	<u>Clinical oriented scientific background:</u> <ul style="list-style-type: none"> <li>• Historical background of TMDs and OFP</li> <li>• Epidemiology of TMD</li> <li>• Etiology of TMD</li> <li>• Psychosocial factors in TMD</li> <li>• Common comorbidities of TMDs</li> </ul>
11:00-11:30	Morning coffee
11:30-13:00	<u>Clinical oriented scientific background (continuance):</u> <ul style="list-style-type: none"> <li>• Clinical anatomy of masticatory system</li> <li>• kinesiology, mechanics &amp; patho-mechanics of the TMJ</li> <li>• Upper neck &amp; orofacial pain – neuroanatomical mechanism</li> <li>• Practical palpation of the masticatory system</li> </ul>
13:00-14:00	Lunch
14:00-15:30	<u>Neck-Jaw evidence informed connections:</u> <ul style="list-style-type: none"> <li>• Functional connections</li> <li>• Pain system connections</li> <li>• Postural connections</li> <li>• Clinical connections</li> <li>• Practical assessment of neck involvement in TMDs</li> </ul>
15:30-15:45	Afternoon break
15:45-17:00	<u>Clinical reasoning of differentiating temporomandibular disorders:</u> <ul style="list-style-type: none"> <li>• Pain related TMD (myogenic TMD, arthralgia)</li> <li>• Intra-articular TMD (different disc dysfunctions)</li> <li>• Degenerative TMD (mainly osteoarthritis of TMJ)</li> </ul>

<b>2. day</b> 09:00-9:30	<u>Summary of day 1</u>
9:30-11:00	<u>Intra-oral palpation:</u> <ul style="list-style-type: none"> <li>• <u>Coronoid process</u></li> <li>• <u>Masseter</u></li> <li>• <u>Temporalis</u></li> <li>• <u>Medial pterygoid</u></li> <li>• <u>Mandibular neck</u></li> </ul>
11:00-11:15	<u>Coffee break</u>
11:15-13:00	<u>Physical assessment and diagnostics of TMDs according to the</u> <u>Diagnostic Criteria for TMDs (DC-TMDs):</u> <ul style="list-style-type: none"> <li>• <u>Diagnostic Criteria</u></li> <li>• <u>Decision trees</u></li> <li>• <u>Assessment forms</u></li> <li>• <u>Documentation</u></li> </ul>
13:00-14:00	<u>Lunch</u>
14:00-15:30	<u>Assessment &amp; therapeutics of pain related TMD: myogenic</u> <u>components (Mouth Closers):</u> <ul style="list-style-type: none"> <li>• <u>Masseter (Trigger Points and self-stretches)</u></li> <li>• <u>Temporalis (Trigger Points and self-stretches)</u></li> <li>• <u>Medial Pterygoid (Trigger Points and self-stretches)</u></li> <li>• <u>Specific exercise prescription</u></li> </ul>
15:30-15:45	<u>Coffee break</u>
15:45-17:00	<u>Assessment &amp; therapeutics of pain related TMD: myogenic</u> <u>components (Mouth openers)</u> <ul style="list-style-type: none"> <li>• <u>Lateral pterygoid (Stretches and friction)</u></li> <li>• <u>Hyoid location and mobility</u></li> <li>• <u>Supra Hyoids (Trigger Points and self-stretches)</u></li> <li>• <u>Infra Hyoids (Trigger Points and self-stretches)</u></li> </ul>

### 3. Day

9:00-9:30	Summary of day 2
9:30-11:00	<u>Assessment &amp; therapeutics of Joint related TMDs:</u>

	<ul style="list-style-type: none"> <li>• Intra-Oral Accessory techniques in 3Ds</li> <li>• Intra-Oral Accessory techniques in 3Ds</li> <li>• Choosing the right techniques to: <ul style="list-style-type: none"> <li>• Arthralgia</li> <li>• Degenerative TMJ</li> <li>• Disc Displacement (DD) without Reduction with Limited Opening</li> </ul> </li> </ul>
11:00-11:15	Coffee break
11:15-13:00	<u>Assessment and management Intra-Articular TMDs:</u> <ul style="list-style-type: none"> <li>• DD with Reduction with/without Psychosocial component</li> <li>• DD with Reduction with Intermittent Locking</li> <li>• DD without Reduction with Limited Opening</li> </ul>
13:00-14:00	Lunch
14:00-15:30	<u>Bruxism and Oral Appliances: Myths and Facts</u> <ul style="list-style-type: none"> <li>• Awake Bruxism</li> <li>• Sleep Bruxism</li> <li>• Diagnosing and managing Sleep and Awake Bruxism</li> <li>• Oral appliances background</li> <li>• Oral appliances indications</li> </ul>
15:30-15:45	Coffee break
15:45-17:00	<p>Real case study demonstration &amp; brainstorming.</p> <p>Course summary</p> <p>End of course</p>