

“Interprofessional Management of TMJ: Collaboration Between Dentistry and Physical Therapy”

Course Description:

This course will define the relationship and areas for efficacious collaboration between dentists and physical therapists in the management of temporomandibular disorders (TMD's). Focus will be placed upon both diagnosis and conservative intervention. A review of the relevant anatomy, physiology, pathophysiology and biomechanics of both the cervical spine and the TMJ are presented as they relate to enabling a thorough clinical examination. An overview of the history of TMD will be presented, as well a brief history of its medical management. The major types of TMD (as defined by “Diagnostic Criteria for TMD,” or DC/TMD) are discussed. The examination process itself including the basic clinical examination and differential diagnosis are presented in detail so clinicians will be able to better recognize and triage the primary variations of TMD's. A review of the options for conservative management will be provided with specific attention given to interventions accessible to dental professionals to implement within their office setting. And finally, the role of a multidisciplinary approach will be elaborated upon as necessary to fully address both the physiological and psychosocial aspects that frequently accompany the more chronic/persistent variations of TMD.

Course Objectives: Through a combination of lecture and lab, participants will

1. Name and identify the structures that comprise the TMJ
2. Describe the normal biomechanics of the TMJ
3. Utilize the DC/TMD to classify sub-groups of TMD
4. Differentiate the clinical findings of pain disorders from those of TMJ joint disorders
5. Explain the role of TMD in certain headache disorders
6. Learn performance of the basic TMJ physical exam
7. Perform a basic cervical screen to evaluate the general postural components and potential dysfunctions within the cervical spine as contributors to TMD
8. Learn performance of basic manual interventions designed to both reduce TMJ joint sensitivity and muscle guarding
9. Better apprehend the need for a multi-disciplinary approach to the management of more chronic/persistent forms of TMD

Instructors: Eric Cedor, PT, DPT, ScD
Randy Hernandez, PT, DPT, FAAOMPT

Biography:

Eric graduated from Louisiana State University's School of Allied Health with a master's degree in physical therapy in 2006. He went on to acquire a doctorate in physical therapy from the University of Mississippi, followed by a certification in manual therapy of the spine through IAOM-US in conjunction with his acquisition of a doctorate of science degree through the Health Sciences Center at Texas Tech University. He currently maintains an extensive outpatient practice while serving as director of clinical education for the Movement Science Center's orthopedic physical therapy practices throughout southern Louisiana. In addition, Eric is an adjunct faculty member who regularly lectures for both the physical therapy and dental schools within the LSU, Missouri State and Franciscan Missionaries of Our Lady health science systems. He is the founder of Physioformed, a continuing education company specializing in evidence based courses for allied health professionals.

Randy received his Bachelors of Science degree in Exercise and Sport Sciences from Tulane University. He then attended the University of St. Augustine in St. Augustine, Florida where he received his Doctorate of Physical Therapy and Manual Therapy Certification. He is also a Fellow in the American Academy of Orthopedic Manual Physical Therapy. Randy has been the clinical director of the Movement Science Center, Metairie location for over 15 years. He specializes in the evaluation and treatment of TMD and cervical spine dysfunction. Randy is a frequent guest lecturer at the LSU physical therapy school and LSU dental school, in addition to giving presentations on the multidisciplinary management of TMD's at regional dental conferences.

Level: Introductory – Intermediate

Course Curriculum:

- 1: Introduction to TMD and the basis for interprofessional collaboration [21 min]
- 2: Pathoanatomy of the TMJ [27 min]
- 3: Biomechanics of the TMJ & Spinal "Coupling" [33 min]
- 4: Clinical Exam of the TMJ [31 min]
- 5: Pain and Joint Diagnoses [55 min]
- 6: Psychosocial Findings of TMD [20 min]
- 7: Cervical Screen [13 min]

- 8: Special Topics, part 1: the practical relevance of TMJ disc displacements, physical therapy management, insurance concerns [10 min]
- 9: Special Topics, part 2: how to find a capable PT [5 min]
- 10: Live Webinar: Q & A with Dr. Cedor and Dr. Hernandez [60 min]

CEU Hours: 4.0

Audience: dentists, orthodontists, prosthodontists, endodontists, maxillofacial surgeons

