



Course Description

The Eclectic Approach to TMD presents a modern manual therapy look at the evaluation and treatment of Temporomandibular Joint Dysfunction. There is a lack of knowledge in the screening and treatment of this condition which may be affecting many of your upper quarter patients, especially those with concurrent headaches and/or cervical dysfunction. The Eclectic Approach uses movement screening via a modified Selective Functional Movement Assessment as well as a Repeated Motions Exam to help classify the patient and find relevant movement and motor control issues. A strong emphasis on modern Pain Science Education and home exercises is used to make the patient independent of passive care. Manual therapy uses The EDGE Tool for Instrument Assisted Soft Tissue Manipulation or IASTM, as well as joint mobilization for the upper cervical spine and TMJ, function mobilization, and thrust manipulation of the cervical and upper thoracic regions.

Objectives

Participants will be able to

- describe the relevant cervicocraniomandibular anatomy
- describe the effects of head/neck posture on mandible position
- perform a modified UQ SFMA and Repeated Motions Exam to help classify the patient for movement strategies and manual therapy
- educate the patient on self care and self assessment
- perform a variety of soft tissue and joint mobilization/thrust manipulation to reset the patient's nervous system

Format

- 3 day hybrid online and live course
 - 4 hours online lecture (possibly 6)
 - 2.5 day live lab
 - sample history
 - SFMA and Repeated Motions
 - Upper Quarter Clinical Practice Patterns

- IASTM to the facial, cervical, scapulothoracic, lateral upper arm patterns
- subcranial, cervical, upper thoracic, and thoracic mobilization, functional mobilization, thrust manipulation
- home exercises, patient education
- 2 live cases

Schedule

- Online
 - module 1 - Intro to Modern Manual Therapy, The Eclectic Approach, TMD
 - module 2 - review on TMJ anatomy and biomechanics, breathing dysfunction
 - module 3 - TMJ, Cervical and UQ Movement Screening, breathing assessment
 - module 4 - Patient Education
- Lab Day 1
 - 8:00-9:00 -Introduction and lecture review
 - 9:00-10:00 - Cervical and UQ Movement Screening
 - 10:00-11:00 -TMJ Evaluation
 - 11:00-11:15 break
 - 11:15-12:00 - Clinical Practice Patterns of the Upper Quarter
 - 12:00-1:00 - break for lunch
 - 1:00-1:15- Q&A on morning, review
 - 1:15-2:30 - Soft Tissue Techniques for the craniofacial area
 - 2:30-2:45 - break
 - 2:45-3:30 - Soft Tissue Techniques for the Upper Cervical, Cervical, thoracic spines
 - 3:30-5:00 - joint and functional mobilizations for the TMJ, upper cervical, cervical spines
- Lab Day 2
 - 8:00-8:15 - review day 1, Q&A
 - 8:15-9:30 - breathing assessment
 - 9:30-10:30 - Capnotrainer demonstration
 - 10:30-10:45 - break
 - 10:45-12:00 - Altering breathing patterns, techniques to treat breathing pattern dysfunction
 - 12:00-1:00 - lunch
 - 1:00-1:15 - Q&A from the morning
 - 1:15-2:30 - UQ Neurodynamic Assessment Review
 - 2:30-2:45 - break
 - 2:45-3:30 - Soft Tissue Techniques for the Arm, Neural Container
 - 3:30-4:30 - Round Robin Technique Assessment
 - 4:30-5:00 - Case Study, Q&A
- Lab Day 3 - Live Cases
 - 8:00-8:15 - review day 2, Q&A
 - 8:15-9:15 - Live Case 1
 - 9:15-9:30 - Live Case 1 Q&A
 - 9:30-10:30 - Live Case 2

- 10:30-10:45 - Live Case 2 Q&A
- 10:45-11:00 - break
- 11:00-12:00 - Live Case 3
- 12:00-12:15 - Live Case 3 Q&A
- 12:15-12:30 - Course Wrap Up

Bibliography

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