

Description

This two day course provides a basic understanding of Temporomandibular Disorder (TMD) and Craniofacial Pain (CFP). Participants will learn anatomy and biomechanics of the normal temporomandibular joint (TMJ), as well as abnormal mechanics or pathophysiological mechanics that will require a comprehensive evaluation and treatment approach. This course is designed to help differentiate myofascial related pain from internal derangements, and educate on the interrelationship between the cervical spine and the TMJ. Lab time will allow participants to palpate anatomical structures as they relate to TMD and CFP, and learn how to mobilize the TMJ as well as the upper cervical spine. Participants will gain insight into a basic home exercise regimen for their patients. There will also be discussions about appropriate orthotic therapy, lifestyle changes, potential surgical interventions and how to build a rapport with the dental community and other healthcare providers so the best possible outcomes can be achieved for patients.

Learning Outcomes

Participants will be able to:

- Describe basic TMJ anatomy, biomechanics, and pathomechanics.
- Recognize how postural or cervical dysfunction might contribute to TMJ disorders.
- Evaluate the TMJ and develop a working hypothesis.
- Demonstrate appropriate manual and exercise techniques for the treatment of TMD.
- Identify the PT's role within the dental community for the treatment of TMD.
- Recognize other treatment options outside of PT.
- Educate clients in the management of TMD.

Instructor

Michael Karegeannes, PT, MHSc, LAT, MTC, CFC, CCTT, CMTPT, is the owner of Freedom Physical Therapy Services, 4 clinics in WI, since 1997 and a practicing physical therapist since 1989. His specialties in the field of physical therapy include: TMD, spine and pelvic dysfunctions, myofascial pain, and orthopedic therapies. Michael graduated from the University of Wisconsin-Madison in 1989 with a Bachelor's of Science Degree in Physical Therapy. After he graduated, he received his athletic training license from the University of Wisconsin-Milwaukee, and later, Michael completed his manual therapy certification and Masters of Health Science from the University of St. Augustine in Florida.

In 2005, Michael had the honor of being trained by Dr. Mariano Rocabado, (in conjunction with the University of St. Augustine) who is the leading national expert in the field of craniofacial therapies. Michael holds a Craniofacial Certification with the University of St. Augustine.

In addition, Michael has attended orofacial pain and TMD Residencies with the University of Minnesota Dental School and University of Kentucky Dental School. He is a member of the American Academy of Orofacial Pain (AAOP) as well as vice-president of the Physical Therapy Board of Craniofacial & Cervical Therapeutics (PTBCCT). In addition, Michael is, one of a few, Certified Cervical & Temporomandibular Therapists (CCTT) who has obtained diplomate status by the PTBCCT.

In 2011, Michael received thorough and extensive training in the technique of intramuscular dry needling and is certified through Myopain Seminars, the premier post-graduate medical and physical therapy continuing education company in the United States with a focus on myofascial trigger points. Michael is also on faculty with Myopain Seminars. Michael is also one of the few PTs in the USA trained in the CRAFTA approach to TMD.

His diverse experience, knowledge, and manual skills allow Michael to be highly effective in the evaluation and treatment of his clientele.

Michael is a member of the APTA, WPTA, NATA, AAOP, PTBCCT, PAMA and IMS.

Agenda

Day 1

- 7:30 am Registration
- 8:00 am Introductions and TMJ anatomy
- 9:30 am TMJ biomechanics
- 10:15 am Break
- 10:30 am Pathomechanics, abnormal mechanics, and Parafunction
- 11:30 am Evaluate ROM of TMJ
- 12:00 pm Lunch
- 12:30 pm Hypermobility, History/Etiology of TMD, Diagnostic Imaging
- 1:15 pm Evaluation of TMDs
- 2:30 pm Break
- 2:45 pm Muscle/Arthritic/Disc Treatment Techniques
- 3:30 pm TMJ mobilization techniques
- 5:00 pm Adjourn

Day 2

- 8:00 am Review and Q&A regarding day one
- 8:30 am Rocabado 6x6/Hyperboloid Exercises
- 9:30 am Marketing Strategy
- 10:15 am Break
- 10:30 am Upper Cervical Anatomy and Forward Head Posture/Upper Cervical Spine Treatment
- 12:30 pm Lunch
- 1:00 pm TMD Home Exercises/Posture Exercises/Ergonomics
- 2:30 pm Break
- 2:45 pm Appliance Therapy
- 3:30 pm Summary, questions, and review techniques
- 4:15 pm Surgical Options
- 5:00 pm Adjourn

Level	Target Audience	CEUs	Price	Location
Beginner/ Intermediate	PTs, PTAs, OTs, Chiropractors Massage Therapists, Dentists and Physicians	1.6 (16 clock hours)	\$650.00 Course fee includes full color handouts.	Allied Physical Therapy 1413 Viscaya Pkwy Cape Coral, FL 33990 (239) 242-0070

Register at: <https://treatingtmj.com/tmd-course/>

This educational program will provide an excellent foundation for the CRAFTA courses offered through Myopain Seminars <http://myopainseminars.com/>. This course has been approved by the Physical Therapy Board of Cervical & Craniofacial Therapeutics <http://www.ptbcct.org/> for credit towards the application to become a Certified Cervical & Temporomandibular Therapist (CCTT) and to fulfill the annual continuing education requirements to maintain CCTT status.