

# Resources for TMD Course Participants

- This is one type of TMJ tutor that I have. I tend to sell it cheaper than other places if I have it in stock.
  - <https://www.treatingtmj.com/purchase-tmj-models/>
- Otherwise you can usually buy the TMJ tutor here:
  - <https://www.johnsdental.com/sleep-tmd/splints-nightguards/tmj-tutor/>
- This is kind of cool, seems to be a new product to Market, it is pricier than the other TMJ tutor I use in class, I have one and sadly never use it, but it is an option.
  - <http://whipmix.com/product/tmj-tutor/>
- This is a product from my friend Jules Hesse, it is great in that it is the only model I have found that shows the cervical spine and how it effects TMD, etc. but pricey:
  - <http://www.biomecmodels.com/>
- This is my favorite TMJ/skull model but again pricey, do not let it get hot say in a car as it will warp, I learned the hard way☺ Sadly as of 7-17-21 I don't see it on their website anymore... the gentleman that used to paint the skull/TMJ model died.
  - <http://www.kilgoreinternational.com/dd1-tmj-skull/>
- I am a member of the AAOP, possibly these handouts would be good for you to consider or help you develop your own brochure, etc
  - [http://www.aaop.org/content.aspx?page\\_id=22&club\\_id=508439&module\\_id=108085](http://www.aaop.org/content.aspx?page_id=22&club_id=508439&module_id=108085)
- I like this caliper for measuring TMJ opening
  - [http://www.amazon.com/gp/product/B00004T7UB?psc=1&redirect=true&ref\\_oh\\_aui\\_search\\_detailpage](http://www.amazon.com/gp/product/B00004T7UB?psc=1&redirect=true&ref_oh_aui_search_detailpage)
- I like to use the therabite ROM scale for lateral excursive and protrusive measurements, can also use for opening, but I still prefer caliper
  - <https://www.greatlakesdentaltech.com/catalogsearch/result/?q=therabite>
- OraStretch as recommended by one of our participants, Jerome Foster, easy to measure protrusion, this is the one we used in class.
  - [http://www.cranio rehab.com/OraStretch-Jaw-MIO-Scale-Pack\\_p\\_163.html](http://www.cranio rehab.com/OraStretch-Jaw-MIO-Scale-Pack_p_163.html)

# TMD Arthralgia ROM

- Assess ROM as demonstrated earlier
- Jaw dynamics may or may not be limited
- I like to use a stethoscope to listen from crepitation type sounds, grating, grinding, vs. a discrete “click”
- Here is where Condylar asymmetry is important to at least file away in your memory banks



- Dual Stereoscopic stethoscope that I make up. To my knowledge, no one sells this on the market, but they can purchase from me and I will ship. I found this to be a very cost-effective way to listen to the TMJ joints at the same time. \$51.31 each plus shipping
- The Hyperboloids for exercise and ROM for the jaw I have included in another PDF.
- A good reflex hammer to assess the Jaw Jerk reflex when appropriate
- You will want cotton tip applicators or similar to assess the 3 divisions of the trigeminal nerve on the face:
  - [http://www.uline.com/Product/Detail/S-18991/First-Aid/Cotton-Tipped-Applicators-6?pricode=WY605&gadtype=pla&id=S-18991Q&gclid=Cj0KEQiAg7ayBRD8qqSGt-fj6uYBEiQAucjOwSN\\_dUaG4lfDo-6YMT65IS-bGoy4RFwLyzUqWwTvDNlaAh7a8P8HAQ&gclsrc=aw.ds](http://www.uline.com/Product/Detail/S-18991/First-Aid/Cotton-Tipped-Applicators-6?pricode=WY605&gadtype=pla&id=S-18991Q&gclid=Cj0KEQiAg7ayBRD8qqSGt-fj6uYBEiQAucjOwSN_dUaG4lfDo-6YMT65IS-bGoy4RFwLyzUqWwTvDNlaAh7a8P8HAQ&gclsrc=aw.ds)
- Then possibly something with a pin point sharpness to assess sharp sensation over 3 divisions of trigeminal nerve
- Tongue depressors can be used for a lot of applications as was taught in my class
  - [http://www.uline.com/Product/Detail/S-19178/First-Aid/Tongue-Depressors?pricode=WY605&gadtype=pla&id=S-19178&gclid=Cj0KEQiAg7ayBRD8qqSGt-fj6uYBEiQAucjOwbmdgNAoAKg4qKMIInELErzVR8PNLCN3L\\_akvvy1bKfUaAmdQ8P8HAQ&gclsrc=aw.ds](http://www.uline.com/Product/Detail/S-19178/First-Aid/Tongue-Depressors?pricode=WY605&gadtype=pla&id=S-19178&gclid=Cj0KEQiAg7ayBRD8qqSGt-fj6uYBEiQAucjOwbmdgNAoAKg4qKMIInELErzVR8PNLCN3L_akvvy1bKfUaAmdQ8P8HAQ&gclsrc=aw.ds)
- Then there a number of cervical and postural exercises that I offer in my manual as well

- Yamuna ball for all of my patients that need a more flexible thoracic spine as well as I feel all people in general should learn to do body rolling:
  - [http://www.amazon.com/Yamuna-Rolling-Silver-Beginners-Total/dp/B002HQQWK2/ref=sr\\_1\\_1?s=sporting-goods&ie=UTF8&qid=1447978177&sr=1-1-spons&keywords=yamuna+ball&psc=1](http://www.amazon.com/Yamuna-Rolling-Silver-Beginners-Total/dp/B002HQQWK2/ref=sr_1_1?s=sporting-goods&ie=UTF8&qid=1447978177&sr=1-1-spons&keywords=yamuna+ball&psc=1)
- I now sell my own Freedom Ball for Body rolling, at \$35 plus shipping, it is from Italy same maker of Yamuna ball, contact me at [mike@treatingtmj.com](mailto:mike@treatingtmj.com) if interested.
- Throat scope to assess airway and look inside oral cavity, etc.
  - <https://throatscope.com/>
- Healer Dot Ice massage roller
  - <https://www.healerdot.com/products/healer-dot-cold-massage-roller-ball>