

**Advanced Clinical Practice for the TMJ
December 11-12, 2021
University of Hartford
Hursey Center 211-213**

COURSE SPONSOR: University of Hartford Certificate in Advanced Orthopedic Physical Therapy
200 Bloomfield Ave, Bloomfield, CT 06117
Contact: Brian Swanson PT, DSc
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Course fee: \$500

Register here: <https://commerce.cashnet.com/physicaltherapyceuportal>

Cancellation policy: Course fee is fully refundable until the day of course; no refunds if cancellation is not received prior to the start of the course. Please refer to the University of Hartford policy here for courses of 3 weeks or less: <https://www.hartford.edu/about/offices-divisions/finance-administration/financial-affairs/bursar-office/withdrawal-refund-policy.aspx#accordion-group-1-section-1-label>

Contact Hours: 15

TARGET AUDIENCE: All participants must be licensed Physical Therapists

Instructional Level: Various

Instructional Method: lecture, case presentation, extensive hands on lab

Ratio Participant to Presenter (hands on workshop): less than 15:1

Course Description:

This course will provide the participant current evidence-based examination, advanced intervention skills, and enhanced clinical reasoning for the treatment of patients with temporomandibular disorders. Background information will be reviewed with respect to common clinical presentations, including epidemiology, anatomy, joint mechanics, pathoanatomy, and pain science. Next, an effective and efficient approach to both the evaluation and management of TMD will be presented. Treatment techniques covered will include manual therapies, exercise interventions, and patient education/management strategies. The course format includes lecture, extensive lab and demonstration time. Case study will be used to consider examination techniques, manual therapy and exercise while approaching EBP in a patient specific context.

Pre-course materials include a review of anatomy and biomechanics related to OMPT practice and differential diagnosis.

Course Objectives:

By the end of the course, the student will be able to:

1. Identify relevant context and background information related to temporomandibular disorders
2. Investigate patient specific content during subjective examination
3. Utilize appropriate techniques for the evaluation of temporomandibular disorders
4. Discuss modifications of the examination and intervention process based on
 - a. irritability
 - b. pathology
5. Utilize appropriate techniques for the management of temporomandibular disorders
 - a. discuss relevant factors related to tissue healing
 - b. discuss the basic principles of pain neuroscience
6. Discern between tissue impairments with greater and lesser clinical significance
7. Develop a plan of care based on case-specific variables
8. Devise an appropriate home program for patient self-management
9. Recognize relevant peer-reviewed literature related to TMD

Instructors:

Stephen M. Shaffer, PT, ScD, FAAOMPT, FCAMPT

Dr. Stephen M. Shaffer is a residency and fellowship trained clinical specialist, educator, and scientist with eighteen years of experience in the physical therapy profession. He has worked primarily in orthopaedic settings and is a Fellow of the American Academy of Orthopaedic Manual Physical Therapists as well as the Canadian Academy of Manipulative Physiotherapy. In 2013 he completed a doctoral dissertation (ScD) on the Evaluation and Management of Temporomandibular Disorders (TMD). Since then, Dr. Shaffer has co-authored numerous peer-reviewed scientific papers and presented at local, state, national, and international venues on the same topic. He also has experiencing lecturing at both the doctoral and post-professional levels with respect to TMD, cervical spine dysfunction, and headaches.

TM Disorders Course Schedule – University of Hartford

Start Times	Minutes	Section	Number of Slides	Section Minutes
Day 1				
Class Begins at 8:00 AM				
8:00	30	General Introduction	18	2 hrs. 20 min.
8:30	15	Gross Anatomy	8	
8:45	5	TMJ Surface Anatomy	1	
8:50	30	TMJ Surface Anatomy Laboratory	–	
9:20	60	Musculoskeletal Pathoanatomy	32	
15-Minute Break				
10:35	20	Select Medical & Dental Pathoanatomy	16	1 hr. 30 mins.
10:55	15	TMJ Kinematics	8	
11:05	25	TM Disorders Pain Science	15	
11:30	15	Conservative MSK Exam. & Man. Intro.	10	
11:45	15	Outcome Measures	9	
60-Minute Lunch				
13:00	5	Examination Overview	2	2 hrs.
13:05	10	Patient History	4	
13:15	15	Observation	10	
13:30	30	Observation Laboratory	–	
14:00	30	Clinical Testing Part 1	22	
14:30	10	Clinical Testing Part 1 Laboratory	–	
14:40	20	Clinical Testing Part 2	11	
15-Minute Break				
15:15	30	Clinical Testing Part 2 Laboratory	–	1 hr. 45 mins.
15:45	20	Clinical Testing Part 3	12	
16:05	30	Clinical Testing Part 3 Laboratory	–	
16:35	25	Review, Q&A, and Time Buffer	–	
Day 2				
8:00	15	Review and Q&A	–	2 hrs.
8:15	20	Clinical Testing Part 4	10	
8:35	30	Clinical Testing Part 4 Laboratory	–	
9:05	5	TM Disorders and Manual Therapy	1	
9:10	10	Therapeutic Exercise for TM Disorders	6	
9:20	40	Hypermobility & Dislocation of the TMJ	17	
15-Minute Break				
10:00	120	Live Patient Examination	–	2 hrs.
60-Minute Lunch				
13:00	120	Live Patient Examination	–	2 hrs.

15-Minute Break				
15:00	20	RDC/TMD and DC/TMD	11	2 hrs.
15:20	20	Oral Splints & Appliances	10	
15:40	60	Conclusions, Review, and Q&A	1	
End at 5:00 PM (20-Minute Buffer Built In)				