Course Name: The Temporomandibular Joint: A review functional movement with clinical presentation and treatment considerations.

Date & Time: Sunday, September 27, 2015
9:00am-12:00pm

Presenter: Carl Heldman DPT, MA, ATC, MTC, FAAOMPT

Course Description

This session will introduce the underlying rationale and resultant analytical process that guides the therapist to treat TMJ dysfunction. The additional role and contribution of the cranio-cervical mechanics to TMJ function and pathology with also be discussed.

The TMJ is one of the most frequently used joint in the whole body. Reports of prevalence range from 10% to 40% of the population with a mean age of 30-40 years. But for the amount of usage, it is probably the last joint to receive treatment in the human body. Practitioners have referred to TMD (temporomandibular disorder) as a single disorder. With the concept of regional interdependence this idea is contrary to the fact that TMD patients can present with multiple influential variables: ie myofascial pain, disk degeneration, inflammation, cervical spondylosis, and cervicogenic headache. Without the normal functioning of these joints the function of talking, eating, yawning, kissing, or expression of emotion would be severely limited. The nature of TMD is often referred to as a repetitive motion disorder and as such shares structural changes that are often seen in traditional physical therapy clinical settings. The application of similar therapeutic approaches for other musculoskeletal disorders, have application to this pathology as well. Unfortunately, there is a lack across the physical therapy profession to provide treatment services for this type of population that may be considered a niche in normative patient complaints. This session is designed to present a beginning framework for TMJ dysfunction treatment and some of its possible clinical presentations and treatment.
Course Objectives

- Highlight the gross anatomy of the TMJ and the craino-cervical complex.
- Discuss possible clinical presentation of local TMJ dysfunction and including clinical relevance in other pathologies.
- Demonstration of direct and indirect TMJ techniques.

Speaker Bio

Dr. Heldman is a manual physical therapy at Emory Physical Therapy specializing in spinal rehabilitation, connective tissue disorders, and pain. Dr. Heldman graduated from Glassboro State College and became a Certified Athletic Trainer in 1994. While serving as a Head Athletic Trainer in the collegiate ranks, he completed his master’s degree in education in 1997 from Rowan University. After that he work for three years as an Athletic Trainer with the Philadelphia Phillies. He returned to school and completed his MPT from Nova Southeastern University in 2002. In 2004 he completed his doctoral manual physical therapy fellowship. In 2005 he completed his MTC and in 2006 his DPT from the University of St. Augustine. He was recognized as a Fellow of the American Academy of Orthopedic Manual Physical Therapists in 2006. In 2010 he completed studies with Mario Rocabado for specialization Cranio-Facial dysfunction. In 2013 he completed his studies with Luigi Stecco for his Diploma Fascial Manipulation. Currently Dr. Heldman is completing the teacher training program in Fascial Manipulation.