

Making Management of the TMD Patient Palatable

Kathy Andres,PT,DPT Jacob Smith

This course focuses on evaluation, evidence based treatment and management for patients with temporomandibular joint dysfunction. Discussion and review of TMJ anatomy and its relationship to the cervical spine will be included to better understand relevant biomechanics and contribution to dysfunction. This course is designed to have a working knowledge of a comprehensive evaluation and examination, identifying impairments and efficient clinical decision making in the management of TMD patients. Treatment strategies and manual therapy techniques will also be demonstrated with a mini lab session , applying theory to practice .Participants will be able to take skills that can they implement and use in the clinic for the management of TMD.

1. Review of basic anatomy and biomechanics of the TMJ.
2. To present evaluation and examination of the TMJ that will guide clinicians with their clinical decision making.
3. Demonstrate a simplified approach of Manual therapy techniques and exercises in the management of TMD .
4. Provide clinicians education strategies in the management of TMJ patients."

1. Temporomandibular Disorders .Part 1 Anatomy and Examination/Diagnosis.Journal of Manual and Manipulative Therapy 2014,Volume 22.Stephen M. Shafer,Jean -Michel Brismee,Philip S.Sizer,Carol A.Courtney.

2. Temporomandibular Disorders.Part 2: Conservative Management.Journal of Manual and Manipulative Therapy 2014.Stephen M Shafer,Jean -Michel Brismee,Philip S.Sizer, Carol A. Courtney

3. Orthopedic Manual Therapy :An Evidence Based Approach ,Cook C."

Kathy Andres is a Physical Therapist at the Hartford Healthcare Rehabilitation Network outpatient clinic in Meriden,CT. She completed her Doctor of Physical Therapy at University of Montana. Prior to being a full time outpatient PT in 2016, she has experience treating in subacute and home care setting. In her spare time, she likes to hike and enjoys camping. She is currently a member of the APTA and serves as a co-chair for the programming committee.

Jake Smith is a physical therapist with Hartford Healthcare Rehabilitation Network in West Hartford,CT. He graduated from University of Hartford's DPT program in 2021. He participated in Hartford Healthcare Rehabilitation Network and University of Hartford's first cohort of their Orthopedic Residency Program in 2021-2022. Outside of the clinic, Jake is an adjunct faculty member for the University of Hartford's Department of Rehabilitation Sciences, most recently assisting in the first year Kinesiology Lab.