

The Temporomandibular Complex (TMC)
Comprehensive Evaluation & Treatment
Module II - Day Two

7:15-8:00: **Continental breakfast.**

8:00-9:00: **Case presentation:** Evaluation and treatment of a closed lock patient.

9:00-10:00: **Workshop IX:** Manual extra-oral mobilization of the TMJ: Techniques to increase vertical ROM to eventually allow for manual intra-oral mobilization techniques.

10:00-10:15: **Break**

10:15-11:00: **Lecture:** Adjunctive oral appliances: Objectives, advantages, disadvantages, types, assessment and therapeutic protocol.

11:00-12:00: **Workshop X:** Indications, practice and discussion of specific therapeutic home exercise paradigms: 1. TMJ Decompression. 2. Hyoid Repositioning. 3. Active Exercise Program 4. TMJ Hypo-mobility Home Exercise Program with tongue depressors. 5. TMJ Hypomobility Home Exercise Program with passive stretching devices. 6. TMJ Hypermobility Home Exercise Program. 7. Mandibular Deflection Home Exercise Program. 8. Specific Exercise for Discal Recapture 9. Program for strengthening the Mandibular Elevator Muscles. 10: Home program to inhibit tongue thrust.

12:00-1:00: **Lunch**

1:00-2:00: **Workshop XI:** Manual intra-oral masticatory muscle release and joint mobilization techniques.

2:00-3:00: **Workshop XII:** Specific adjunctive devices and techniques to enhance carry-over of treatment benefit and prevent recurrence. Passive mobilization devices, cold-laser, dry needling, micro and milliamp electrical stimulation techniques, stretch & spray, etc.

3:00-4:00: **Lecture:** Comprehensive management of the non-surgical TMD patient. Case presentation of hypo and hypermobility syndromes from trismus to subluxation.

4:00-5:00: **Workshop XIII:** Review of all TMD manual techniques.