

SYLLABUS

ABSTRACT:

The talk will cover the following points:

- Basic anatomy and function of the TMJ
- Patient examination of the joint and associated musculature including trigger points
- Neurological/otological and musculoskeletal manifestations of TMD
- MRI interpretation of disc position
- Intracapsular v extracapsular disorders
- Treatment options for temporomandibular disorders
- Case studies

AIMS:

To educate general dental practitioners in the recognition, diagnosis and treatment of patients with temporomandibular joint dysfunction.

OBJECTIVES:

- Explain how TMJ dysfunction can lead to head, neck and facial pain and the neurological pathways involved, including the concept of referred pain and trigger points
- Explain how to identify and examine patients with TMD including the need for an MRI of the TMJ with respect to diagnosis and treatment planning
- Discuss which patients to treat and which to refer
- Recognise the problems and special needs of patients suffering from TMJ disorders
- Discuss the importance of muscles palpation
- Describe the differentiate between intra and extra capsular disorders - myofascial pain dysfunction syndrome (MPDS)
- Recognise how altering the maxilla-mandibular relationship affects the dental occlusion
- Explain how parafunction can lead to TMJ disorders
- Demonstrate how to measure TMJ function/range of motion
- Discuss the role of conservative treatment including counselling, physiotherapy, day and night-time splints
- Demonstrate how to adjust a splint and allow delegates to practice this on their own appliances

LEARNING CONTENT:

This training session is an introduction into recognition of, diagnosis and treatment of Temporomandibular Joint Dysfunction. The topics covered will allow general dental practitioners to implement appropriate procedures, with guidance as required, for the provision of TMJ therapy.

DEVELOPMENT OUTCOMES:

This CPD course meets the criteria for the GDC's development outcome C

ITINERARY:

8.30am to 9am - Registration
9am to 1pm - TMJ THERAPY THEORY

- Basic anatomy/function of the TMJ joint
- History taking/patient examination
- Signs/symptoms of TMJ disorders
- MRI of the TM joint & diagnostic interpretation
- Treatment options for TMD
- Indications for splint therapy
- Types of splints including treatment for nocturnal parafunction
- Which patients to treat and which to refer
- Case studies

1pm to 2pm - Lunch Break
2pm to 5pm - PRACTICAL HANDS-ON SESSION

Each practitioner will be required to bring a splint to fit their lower arch previously designed and fabricated by themselves at a lab advised by Dr Grossmann.

Participants will work in pairs and be shown how the splint can be adapted as:

- A flat plane splint - for myofascial pain dysfunction syndrome
- A 'pull forward' splint for reciprocal clicking
- A 'pivot' splint for the locked' joint

Dr. Patrick Grossmann BDS DOrth RCS

Patrick Grossmann qualified in 1974 from University College Hospital Dental School following which he completed postgraduate studies in Orthodontics at the University of Freiburg, Germany. In 1980, he was appointed Senior Dental Officer for South London Health Authority, a part-time position he held for 15 years whilst maintaining a private practice in London. His interest in the treatment of patients with craniofacial pain was stimulated by his 25-year collaboration with Dr. Brendan Stack DDS, co-founder of the American Academy of Craniofacial Pain.

Patrick Grossmann co-founded the British Society for the Study of Craniomandibular Disorders in 1992, a group including dentists, orthodontists, osteopaths, chiropractors and other healthcare workers. The BSSCMD which hosts regular meetings with international speakers has at its core the objective of bringing an appreciation and understanding of the complexities of Craniomandibular dysfunction (CMD) to all healthcare professionals. CMD is multifaceted and overlaps numerous disciplines, dental, medical and surgical. For this reason, he is particularly pleased to have been invited by the BSEM to participate their autumn 2016 Oral Health Conference.

Given the wide-ranging nature of CMD, it is often necessary for the patient to be treated by more than one clinician at the same time. In his private practice, Patrick Grossmann heads a team of specialists in splint management, physiotherapy, chiropractics, radiology / MRI, max-fac surgery, general dentistry, clinical psychology and pain management.