



14, 15 et 16 février  
2019  
Montpellier



# Post congrès

Examen et traitement des troubles temporo-  
mandibulaires: une approche en thérapie manuelle  
fondée sur les preuves.



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# Masterclass

## Examination and Treatment of Temporomandibular disorders: An evidence based manual physical therapy approach

### 1. Course description:

This course will include description of the kinematics and functional anatomy of the temporomandibular joint (TMJ) and related structures, and the physical therapy examination, classification, and treatment of Temporomandibular disorders (TMD) and Cervicogenic headache (CGH).

### 2. Objectives:

- Describe the functional anatomy and kinematics of the TMJ
- Identify the classification of TMD and CGH and describe the components of each disorder
- Perform a comprehensive examination of the TMJ and related structures
- Perform treatment procedures for the TMJ including soft tissue mobilization, joint mobilization/manipulation, and exercise instruction
- Describe the functional interrelationships between the TMJ and cervical spine and identify why including the evaluation and treatment of the cervical spine is important with the management of most TMD patients
- Perform a screening examination of the cervical spine
- Perform manual therapy techniques for craniovertebral mobility deficits
- Describe the evidence to support a physical therapy approach for treatment of temporomandibular disorders.



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### 3. Schedule

- Introduction – 15 minutes (8:00 – 8:15)
- TMJ Functional Anatomy – 30 minutes (8:15 – 8:45)
- Cervical Spine and postural influence on the TMJ – 30 minutes (8:45 – 9:15)
- Examination for Cervicogenic Headache lecture – 45 min (9:15 – 10:00)
- Break – 15 minutes (10:00 – 10:15)
- Examination for Cervicogenic headache lab – 45 minutes (10:15 – 11:00)
- TMJ Examination lecture – 45 minutes (11:00 – 11:45)
- Lunch 11:45 – 12:30
- Classification of TMJ disorders lecture – 45 minutes (12:30 – 1:15)
- Examination of TMJ lab – 1 hour (1:15 – 2:15)
- Break 2:15 – 2:30
- Treatment of TMD and cervicogenic headache lecture– 45 minutes (2:30 – 3:15)
- Treatment of TMD and Cervicogenic Headache lab – 1 hour (3:15 – 4:15)
- Case reports and problem solving/wrap up – 30 minutes (4:15 – 4:45)



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#### 4. Instructor:

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Dr. Ken Olson currently serves as President of the International Federation of Orthopaedic Manipulative Physical Therapists (IFOMPT) and is a member of the American Academy of Orthopaedic Manual Physical Therapists (AAOMPT) practice affairs committee and the American Physical Therapy Association (APTA) Manipulation Workgroup. Additionally, he is a past president of the AAOMPT. Dr. Olson is a private practitioner with Northern Rehab Physical Therapy Specialists in DeKalb, Illinois, USA and a part-time faculty member at Northern Illinois University.

Dr. Olson has lectured nationally and internationally on topics related to the manual physical therapy examination and management of spine and TMJ conditions with abstracts and research articles published in peer-reviewed journals including *JOSPT*, *JMMT*, and *Cranio*. He is also the author of the textbook *Manual Physical Therapy of the Spine, 2<sup>nd</sup> Ed.* published by Elsevier in 2016.

#### 5. References - TMJ :

1. Olson KA. Manual Physical Therapy of the Spine. Saunders, Elsevier, 2009
2. Furto ES, Cleland JA, Whitman JM, Olson KA. 2006 Manual physical therapy interventions and exercise for patients with temporomandibular disorders. *The Journal of Craniomandibular Disorders.* 24(4):283-291.
3. Nicolakis P Erdogmus B, Kopf A, Ebenbichler G, Kollmitzer J, Piehslinger E, Fialka-Moser V. Effectiveness of exercise therapy in patients with internal derangement of the temporomandibular joint. *Journal of Oral Rehabil* 2002;29:362-368
4. Cleland J ,Palmer J. 2004 Effectiveness of manual physical therapy, therapeutic exercise, and patient education on bilateral disc displacement without reduction- of the temporomandibular joint: a single-case design. *J Orthop Sports Phys Ther.* 34:535-548.
5. Yoda T, Sakamoto I, Imai H, Honma Y, Shinjo Y, Tankano A, Tsukahara H , Morita S, Miyamura J, Yoda Y, Sasaki Y, Tomizuka K, Takato T. 2003 A randomized Controlled Trial of Therapeutic Exercise for Clicking Due to Disk Anterior Displacement with Reduction in the Temporomandibular Joint. *Cranio* 21:10-16.
6. Harrison AL, Thorp JN, Ritzline PD. A proposed diagnostic classification of patients with temporomandibular disorders: implications for physical therapists. *JOSPT.* 2014; 44(3):182-197.
7. Jull G, Trott P, Potter H, et al: A randomized controlled trial of physiotherapy management for cervicogenic headache, *Spine* 27: 1835-1843, 2002.



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