

# COMPONENTS, MANAGEMENT & TREATMENT OF TMJD: and All Other Related Symptoms

(Such as Headaches, Sinus Problems, Ear Aches and Neck Pain, etc.)

*Please Select Course, Date and Time from COURSE SCHEDULE 2017*

Course Name: \_\_\_\_\_ Date: \_\_\_\_\_ Time: \_\_\_\_\_

<b>Register Today!</b>	<b>Registration Fee / C.E. Credits</b>	<b>Registrant Name / Email</b>
<p><b>ONLINE:</b> <a href="http://www.TMJDCare.com">www.TMJDCare.com</a></p> <p><b>PHONE:</b> (248) 935-6000</p> <p><b>MAIL this form with payment:</b></p> <p style="text-align: center;">TMJDCare / MuscleCare Inc. 4120 Maple Road, Suite 107 Bloomfield Hills, Michigan, 48301</p>	<p><b>TMJD Intro Course: 2 CE</b> \$69/person or \$59/2 or more</p> <p><b>TMJD Basic Course: 8 CE</b> \$299/person or \$269/2 or more</p> <p><b>TMJD Advanced / Intra Oral: 6 CE</b> \$229/person or \$199/2 or more</p> <p><b>Physical Ergonomics, Body Mechanics: 2 CE</b> \$69/person or \$59/2 or more</p> <p><b>Body Workers Course: 6 CE</b> \$229/person or \$199/2 or more</p>	<p>(Print as it will appear on Certificate)</p> <p>REGISTRANT #1 NAME _____</p> <p>REGISTRANT #1 EMAIL _____</p> <p>REGISTRANT #2 NAME _____</p> <p>REGISTRANT #2 EMAIL _____</p> <p>Company: _____</p> <p>Address: _____</p> <p>City: _____</p> <p>State: _____</p> <p>Zip: _____</p> <p>Phone: _____</p> <p>Fax: _____</p>

**Method of Payment:** \_\_\_\_\_ **Amount \$** \_\_\_\_\_

Check Enclosed - **Payable to:** TMJDCare

Credit Card: **Pay on Website:**

<http://www.musclecareinc.com/payments-.html>



**TMJDCare**  
EDUCATION



**MuscleCare**  
TREATMENT

*Acquire skills in treatment of TMJD to achieve outstanding patient results that will help drive more referrals to your program*

# Components, Management, & Treatment of TMJD: and ALL Other Related Symptoms

(Such as Headaches, Sinus Problems, Ear Aches and Neck Pain, etc.)

## *Providing Manual Skills for Effective, Evidence-Based Treatment*

- Pathology and biomechanics and pathology of temporomandibular dysfunction
- Demonstrate hands-on techniques to effectively treat TMJ dysfunction in 6-17 different steps.
- Evidence-based treatment program to manage the client with TMJ disorder
- Provide skills and strategies to develop and market a TMJ treatment service in your clinic and understand billing.

*Acquire skills in the treatment of TMJ to achieve outstanding patient results that will help to bring more referrals to your program.*

# Components, Management & Treatment of TMJD:

## and all other related symptoms

(such as Headaches, Sinus Problems, Ear Aches, and Neck Pain)

*Providing Manual Skills for Effective,  
Evidence-Based Treatment*

## Evidence-Based Treatment for TMJD

Historically, few therapists have had the specialized skills to effectively treat temporomandibular joint dysfunction (TMJD). Normal function of the TMJ requires choreographed movements for the right and left soft tissue. Traumatic injury, bruxism, misalignment, arthritis and postural factors are just a few causes of dysfunction in the TMJ. Without the complete understanding and communication with your patient the mechanics and contributing factors associated with the TMJ, many therapists are left feeling frustrated when their outcomes achieve mixed results. Normal joint mechanics and understanding active fascia release of the joint will be discussed and taught.

Participants in these one-day courses will gain the necessary skills to effectively treat the patient experiencing TMJD. You'll have an understanding as to why headaches, sinus problems, ear pain, eye problems, snoring neck pain and more related to this temporal mandibular joint. Normal joint mechanics of the TMJ will be discussed, and manual techniques will be taught in a hands on setting. After learning the moves, participants will practice fascia relief techniques and appropriate treatment regimens for the dysfunction. Upon completion of the course, participants will not only be proficient in treating clients having disorders of the TMJ, they will also be able to effectively market these skills to referring professionals, including surgeons, dentists, orthodontists, and other patients.

## Course Director/Instructor

### **Frances George-McCullough, CMT, CNMT – Founder of TMJDCare + MuscleCare, Inc.**

Anatomy and Physiology Specialist as well as a Certified Massage Therapist who has developed and created Functional Neuromuscular Activation Therapy Educational Programs through TMJDCare/MuscleCare Inc. Courses include: TMJD Intro, TMJD Basic, TMJD Advanced Intra Oral, Body Mechanics and Physical Ergonomics, Back / Sacroiliac / Scoliosis and Hips, Plantar Fascia / Leg – Low Back and Hips, Viscera (Organs), Rotator Cuff, Carpal Tunnel. Over 10 years of experience teaching dentists, hygienists, certified dental assistants, chiropractors, doctors, personal trainers, physical therapists, physical therapy assistants, occupational therapists, massage therapists and body workers on how to treat these conditions using Functional Neuro Muscular Activation and other soft tissue signature treatments for active fascia release.

Certified in more than 20 soft tissue techniques including: Esalen Holistic Health Training, Paul St. John Neuromuscular Therapy, Dr. John Upledger Craniosacral Therapy and Functional Neuromuscular Activation Therapy. Studied Gua Sha Oriental Therapy and educated in Dr. Janet Travell's Trigger Point Therapy, as well as Active Fascia Release. In addition to being NCBTMB National Educator for 9 Years and C.E. Provider, she is a CE Provider in the dental field since 2015. Frances has been in private practice for over 35 years and has been at her Bloomfield Hills office location for over four years.

## Who Should Attend

- Body Workers/Massage Therapist
- Dentists
- Dental Assistants
- Hygienists
- Occupational Therapists
- Physical Therapists



## Course Schedule 2017

### What You Will Learn

- Identify the critical anatomy and biomechanical analysis specific to each source of dysfunction
- Perform a systematic treatment that captures information pertinent to the dysfunction
- Assess for contributing factors, including muscular imbalances, postural asymmetries and other intrinsic factors that affect occlusion
- Demonstrate mobilization and fascia release techniques used to treat disorders of the TMJ
- Develop marketing strategies to help establish a referral and patient base for your TMJD treatment program

### Registration & Lunch

Registration starts 30 minutes before the scheduled course time begins. If attending the Basic Course or 9-4 Advanced Course, there will be an hour lunch break on your own at approximately 12:30.

### Our Guarantee

If you attend one of our one-day seminars and do not receive the professional or business benefits described in our literature, or have some other professional complaint, please let us know in writing within seven days of the program. We will issue a credit voucher that you may use toward another one-day seminar. You may contact us at MuscleCare, Inc. 4120 Maple Road, Suite 107, Bloomfield Hills MI 48301

TMJD Intro Course: 9am-11am

March 10 & September 29

TMJD Basic Course: 9am-6pm

April 7 & October 6

TMJD Advanced/IntraOral Course:

May 5 (9am-3pm) & November 10 (12pm-6pm)

Body Mechanics: 9am-11am

April 8 & September 9

Body Worker: 9am-4pm

Back / Sacroiliac, Scoliosis and Hips: ----

Fascia / Leg, Low Back and Hips: March 4

Viscera (Anterior/Posterior) / Ribs, Entire Torso to Hips: May

Rotator Cuff / Arm, Shoulder, Chest, Neck: September 23

Viscera (Anterior/Posterior) / Ribs, Entire Torso to Hips: October 8

Carpal Tunnel / Wrist, Arm, Shoulder, Chest, Neck, Upper Back: October 21

# COURSE CONTENT

For more information on each course please go to our website: [www.musclecareinc.com](http://www.musclecareinc.com)

## ANATOMY AND BIOMECHANICS OF TEMPOROMANDIBULAR JOINT

- Functional anatomy review
- Biomechanical review of normal function of the TMJ
- Pathology of TMJ disorders

## POSTURAL ASSESSMENT

- Cervical spine
- Muscular imbalances
- C2, C1 and the Occiput
- A,1 Facial and Head

## EVALUATION OF THE TMJ

- Pertinent history
- Objective measures (facilitate future evidence-based outcomes)
- Goal setting

## INTERNAL MANUAL TREATMENT TECHNIQUES

- Mandibular mobilizations
  - Phase I
  - Phase II

## LAB BREAKOUT SESSION: MOBILIZATION TECHNIQUES

### UNILATERAL MOBILIZATIONS (WITH LAB)

- Indications
- Dysfunctions determine technique

## LAB BREAKOUT SESSION: THERAPEUTIC EXERCISE TECHNIQUE

## DEVELOPING A TMJ TREATMENT PROGRAM IN YOUR CLINIC

- Incorporating evidence-based research into your marketing
- Applying treatment
- Charting Patient results

## Confirmations & Cancellations

Confirmations of registration are sent via email/text/or mail within three days of receipt in our office. **If you have not received a confirmation within five days of the program, please call our office at (248) 935-6000 to verify registration.**

Cancellations received at least 30 working days before the seminar are refundable less a \$30 administrative charge per registrant. For cancellations received later, a credit will be issued toward a future seminar. Please note that if you register and do not attend, you are still liable for full payment. Substitutions may be made at any time. **Course must be PAID IN FULL before it is taken.**

**Registrants will receive a certificate by email within 10 days after attending and completing the course.**

## Continuing Education Credit

**Dentist, Dental Assistant & Dental Hygienist:** The formal continuing education programs of this program provider are accepted by Michigan State Board of Dentistry for 2, 6 and 8 hours of continuing education credits.

**Other Professions:** This seminar qualifies for 2.6 and 8 continuing education hours as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific filing requirements.

**All Professionals:** In order to process continuing education, please bring the appropriate license/certification number to the seminar.

**Amended Certificates:** Please note that the credit hours listed above are offered by MuscleCare, Inc. and/or boards/associations for complete course attendance. In the event of late arrival and/or early departure, amended certificates indicating the actual number of credit hours earned will be provided upon calling MuscleCare, Inc.