

***COURSE TITLE:***

***Craniocervical and Craniomandibular Pathophysiology – Approach to Treatment***

***DATES:***            *Friday & Saturday, September 24 & 25, 2010*

***INSTRUCTOR:***

***Professor Dr Mariano Rocabado***

Dean Faculty of Rehabilitative Sciences,  
University of Andres Bello Santiago, Chile

***This course is offered to physiotherapists, dentists, orthodontists, orofacial surgeons, osteopaths***

***OBJECTIVES OF THE COURSE:***

***At the completion of this course, the attendee should be able to:***

1. Recognize the importance of the cervical spine in the pathogenesis of craniofacial pain and craniomandibular disorders
2. Recognize the importance of the sensitivity of soft tissues in the evaluation and treatment of TMJ pathology
3. Recognize the importance of an interdisciplinary approach to treatment
4. Diagnose cervical spine disorders through cephalometric analysis and dynamic X-rays
5. Learn how to prevent or intercept progression of degeneration of the cervical spine and temporomandibular joints
6. Learn how to and when to refer patients to the physiotherapist

***CONTENT OF THE COURSE:***

***DAY 1***

1. Introduction
2. **Concept of the craniovertebral and craniomandibular functional unit**
  - centric relation
3. Importance of physiological curvatures of the spine in the maintenance of head posture in space and in relation to the rest of the body
  - Posture of the upper spine
  - Head position/ forward head posture
4. Influence of head and neck dynamics in mandibular function
  - lateral cephalometrics analysis

- Craniovertebral normal values
5. Relation between craniovertebral joints and cephalalgias  
Suboccipital triangle
    - Relationship to vertebral orthopaedic disorders
  6. Biomechanics and pathophysiology of the craniovertebral region  
  
Influence of craniocervical posture in craniomandibular dynamics
  7. Discussion / Question period

## ***DAY 2***

1. Review
2. **Functional anatomy and biomechanics of the synovial TMJ**
3. The synovial TMJ pain map
4. TMJ, Soft tissue sensitivity as it relates to joint pathology
  - General hypermobility syndrome / TMJ hypermobility
  - intracapsular disc pathology
  - degenerative changes
  - myofascial pain syndromes
5. Synovial TMJ assessment
6. Approach to treatment
  - Hypomobile / Hypermobile TMJ
7. Discussion / Question period