

COURSE TITLE:
***Craniocervical and Craniomandibular Pathophysiology –
Approach to Treatment***

DATES: ***Friday & Saturday, March 23 & 24, 2012***

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. Diagnose cervical spine disorders through cephalometric analysis and dynamic X-rays which may have implications in altered mandibular occlusal plane
4. Learn how craniovertebral subluxations can influence occlusal contacts that can lead to progression of synovial TMJ pathology with or without pain
5. Learn how and when to start a team approach with a manual physiotherapist to restore centricity of craniovertebral joint alignment and TMJ stabilization for long term effects

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
 - The trigeminocervical nucleus
 - 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
 - Progression of disc pathology
5. Synovial TMJ assessment
6. Approach to treatment
 - Hypomobile static disc pathology / Hypermobile TMJ
7. Discussion / Question period