

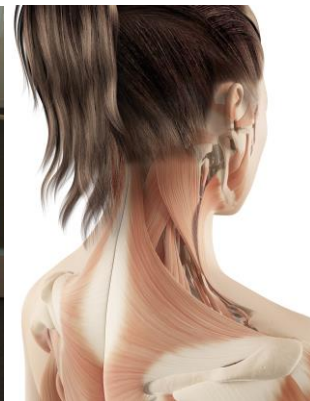


# TMJ, C-Spine & Intro to Cranial Techniques

*Presented by Francine St George*

This workshop will review the functional anatomy of the temporo-mandibular joint (TMJ) and cover muscle, joint, neural and exercise techniques to assess and treat TMJ disorders. Typical problems of TMJ seen clinically will be addressed.

This workshop will also cover an introduction to craniosacral therapy techniques, and how these techniques can be used to treat TMJ disorders, headaches, whiplash injury, and other musculoskeletal problems. Integrating TMJ and cranial techniques to treat cervical spine conditions will complete the course.



# Physiotherapy Coaching Academy Australia

*Practical Workshops based on Functional Anatomy & Exercise*



## Day 1: TMJ

*(Saturday: 1 pm to 6 pm)*

1:00pm – 1:15pm	Introduction/Overview
1:15 - 2:15	TMJ Anatomy Joint, disc, ligaments, muscles Self Assessment
2:15 - 3:15	Sitting TMJ observation/assessment Exercises for alignment / stability Dynamic neural glides O1/C1 and C5/C6/C7 influence Eye/neck stability exercises
3:15 - 3:45	TMJ assessment supine Muscle releases - external /internal External joint mobilisation
3:45 - 4:00	Break
4:00 - 5:00	Practical
5:00 - 5:15	Internal joint techniques
5:15 - 6:00	Case history discussions Splints and radiological findings

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## Day 2: Introduction to Cranial Techniques

*(Sunday: 10 am to 5 pm) Participants to meet on the left side of the Wales Medical Centre.*

10:00 – 10.30	Significance of O1C1-3 contribution to TMJ pain
10.30 – 11.00	Cervical spine: stability, stretches and exercise progressions
11:00 - 12:00	Practical: Neural glides upper and lower limb to eliminate contribution to TMJ dysfunction (PCF/SCF)
12:00 – 1:00	Introduction to cranial system – anatomy, review cranial bones, sutures, foramens
1:00 - 1:30	Cranial pulse palpation, sub occipital release, frontal technique
1:30 - 2:00	Break
2:00 - 3:00	Parietal compression / decompression Occiput / Parietal
3:00 - 3:30	Temporal
3:30 - 3:45	Break
3:45 - 4:30	Sphenoid
4:30 - 5:00	Summary / Overview

**All courses are held at The Physiotherapy Posture Fitness Clinic, Sydney,  
Wales Medical Centre, Level 4, 66 High Street, Randwick NSW 2031**

Phone: 61 (2) 9399 7399

Fax: 61 (2) 9399 8399

[www.physiocoachingacademy.com](http://www.physiocoachingacademy.com)

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