

TMJ, C-Spine & Intro to Cranial Techniques

Presented by Francine St George

This course 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 course will provide an introduction to craniosacral therapy techniques, and how these techniques can be used to treat TMJ disorders, headaches, whiplash injury, and other musculoskeletal problems. Using neural testing to determine if the TMJ is a driver to either upper or lower limb pain will also be covered.



Physiotherapy Coaching Academy Australia

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Sydney: Australia

Day 1: TMJ

(Saturday: 1 pm to 6 pm)

1:00 - 1:30	Introduction/Course Overview/Typical Case History
1:30 - 2:30	TMJ symptoms/subjective/objective Anatomy: nerves and muscles Arthrokinematics Joint, disc, ligaments, and pterygoids
2:30 – 3:15	Demonstration/practical TMJ observation/assessment Exercises for alignment / Stability & Tongue exercises Dynamic upper limb neural glides (add lower limb) 01/C1 and C5/C6/C7 influence
3:15 - 3:45	TMJ assessment supine Muscle & Joint releases External/Internal
3:45 - 4:00	Break
4:00 - 5:30	Practical
5:30 – 6:00	Splints, injections and case history questions.

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Day 2: Introduction to Cranial Techniques

(Sunday: 9:30 am to 5 pm)

09:30 – 10:30	Cervical spine: stability, stretches and exercise progressions Eye exercises/stability extensor and flexor /progressions
10:30 – 11:00	Neural glides upper and lower limb to eliminate contribution to TMJ dysfunction (PCF/SCF)
11:00 - 12:00	Practical /Neural Testing
12:00–1:00	Introduction to cranial system – anatomy, review cranial Bones, sutures and foramens
1:00 - 1:30	Cranial pulse palpation & suboccipital release
1:30 - 2:00	Frontal, Parietal and Occiput
3:00 - 3:30	Temporal
3:30 - 3:45	Break
3:45 - 4:30	Sphenoid
4:30 - 5:00	Summary /Overview /Questions

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

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