

Physiotherapy Coaching Academy Australia

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Sydney: Australia

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. Clinical reasoning to determine how to treat TMJ both locally and as an integral part of any upper limb or cervical spine pain is an integral component of the course.



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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 Sitting TMJ observation/assessment Exercises for alignment / stability Tongue exercises Dynamic upper limb neural glides (add lower limb) 01/C1 and C5/C6/C7influence
3:15 - 3:45	TMJ assessment supine Muscle releases - external /internal External joint mobilisation
3:45 - 4:00	Break
4:00 - 5:30	Practical/Internal joint techniques
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) Participants to meet on the left side of the Wales Medical Centre.

09:30 – 10:15	Neural glides upper and lower limb to eliminate contribution to TMJ dysfunction (PCF/SCF)
10:15 – 11:15	Practical /Neural Testing
11:15 - 12:00	Cervical spine: stability, stretches and exercise progressions Eye exercises/stability extensor and flexor /progressions An introduction on how to integrate cognitive exercises into COR & VOR retraining
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 /Questions

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

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