

# PTNW

Professional Therapies Northwest

## Evaluation and Treatment of the TMD Patient Utilizing a Physical Therapy/Dental Coordinated Approach: A Clinical and Evidence-Based Program

Saturday and Sunday October 19-20, 2019

**Bill Esser, PT, MS, CCTT**

Contact Hours: 15/1.5 CEU's

Registration: \$475 prior to October 10, 2019 and \$550 on or after October 11, 2019

Who should attend?: This 2 day course is appropriate for DDS's, DMD's, PT's, PTA's, & Dental Hygienists

### Course Description:

Evaluation and Treatment of the TMD Patient Utilizing a Physical Therapy/Dental Coordinated Approach: A Clinical and Evidence-Based Program is a 2-day lecture and lab-based course developed by Mr. Esser to present fundamental principles of the most common temporomandibular joint dysfunctions (TMD) and the relationships between them, the craniomandibular system and the upper cervical spine. The material provides an algorithmic approach to evaluation and treatment techniques that allows the practitioner to successfully evaluate and treat the majority of TMJ dysfunctions with these fundamental techniques and knowledge base.

Anatomy and arthrokinematics of the TMJ and upper cervical spine and the "LPTMJ" evaluation format developed by Mr. Esser will be presented didactically and practically in hands-on labs. Stages of internal derangement of the TMJ and evidence enhanced management strategies for them as well as lip and tongue function in patients with TMJ dysfunction are discussed. Manual therapy techniques, splinting and surgical intervention procedures are also presented as well therapeutic exercise and postural activities for patient education.

Mr. Esser has created a successful niche cash-pay practice specializing in TMD in Southern Oregon. Over 80% of his caseload is TMD, of which a substantial portion is cash-pay. As part of this course he will share marketing strategies to promote this area of specialization, as well as develop patient relationships and referral sources for TMD management.

### Learning Outcomes

- Understand the functional anatomy of the temporomandibular joint and its interrelationship with the cranium and upper cervical spine
- Properly evaluate the head and neck through the LPTMJ ("Look, Palpation, Total Range of Motion, Muscle assessment, and Joint assessment) format with emphasis on the craniomandibular region and upper cervical spine
- Implement treatment techniques for the TMJ including mobilizations, correction of oral mechanics that produce micro trauma to the joint, methods to unlock acute locked joints, therapeutic exercise, and stabilization through a splint technique
- Plan appropriate interventions for patients with TMJ dysfunction • Understand TMJ terminology utilized in dentistry to allow interdisciplinary planning and case management needed to build referral relationships
- Incorporate marketing strategies for program development and promotion to aid in establishing niche cash-pay practice

### Instructional Methods

Lectures, demonstrations, case studies and video presentations.

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Coordinated Approach: A Clinical and  
Evidence-Based Program**

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October 19-20, 2019

**Bill Esser, PT, MS, CCTT**  
**Seattle-Area (Kirkland), WA**  
8:00 – 5:30 Sat/8:00-5:00 Sun

\$475 prior to October 10, 2019  
\$550 on or after October 11, 2019

15 Credit Hours/1.5 CEU's/Space is limited

**Presenter: Bill Esser, PT, MS, CCTT**

Mr. Esser graduated in 1979 with his masters from Purdue University and in 1981 from the University of Iowa Graduate Program in Physical Therapy. Since graduating from UI Bill has been practicing in outpatient orthopedic practice in Southern Oregon. His emphasis and clinical specialization for over 30 years has been in the management of temporomandibular, cranial, and cervical spine dysfunction with a niche caseload of over 80% craniomandibular patients. Bill is a diplomat of the Physical Therapy Board of Craniofacial Therapeutics established in 1999 by an international group of physical therapists including Mariano Rocabado, DPT. He holds the title Certified Cervical and Temporomandibular Therapist (CCTT), of which there are fewer than 40 diplomats worldwide.

Mr. Esser's interventions for head, neck, and TMJ dysfunction are practical and immediately applicable. His evaluation, proven differential diagnostic tests, and practical treatment programs are based on current research, system approaches taken by leaders in the field, and his over 30 years of experience. Bill's goal in teaching is to provide tools to treat an often unrecognized and under-treated population that experiences both acute and chronic head and facial pain

Mr. Esser co-teaches courses with dentists, fostering a collaborative approach to management of acute and chronic TMD. He has guest lectured at Pacific University School of Physical Therapy and Bill spoke at the OBI Foundation for Bioesthetic Dentistry National Conference in 2011 and at the Oregon Dental Association State Conference in 2013.

**Checks are Payable to:**

Professional Therapies NW

**Send Check and Registration  
Form to:**

Professional Therapies NW  
12068 Lakeside Place NE  
Seattle, WA 98125

**Phone: 206-365-7463**  
**Toll-free: 888-365-1760**  
**Fax: 206-368-2984**

**E-Mail and Web Page:**

course@professionaltherapiesnw.com  
www.professionaltherapiesnw.com

PTNWeb 2019

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## Registration Form

Your Name:	
Professional Title:	
State License #:	
Home Address:	
City, State, Zip	
Phone:	Best number to reach you day-of course
Facility/Clinic Name:	
Work Phone:	
Fax:	
Request Special Accommodation:	
E-mail:	<b>(Course Confirmation will be sent via e-mail)</b>
Credit Card #:	_____
Name on Card:	_____
3-Digit Code on back of Card:	_____
Type of Card:	Circle One: VISA Mastercard
Expiration Date:	____/____
Billing Address:	____ same as above _____

**Cancellation Policy:**

Professional Therapies Northwest will not be responsible for acts of war, weather, or other circumstances requiring cancellation of course. Airfare and hotel fee will not be reimbursed. Cancellations in writing made 3 weeks or more prior to the course date will receive a full refund minus \$75.00 administration fee. Refunds will not be made during the 3 weeks prior to the course, although a substitute may participate in the workshop. If course is cancelled by Professional Therapies NW, then a full refund will be honored.