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Career Development Program*

V3106
Simple TMD Therapy for Your Practice

Gordon J. Christensen, DDS, MSD, PhD

Materials Included:

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C.E. Instruction Sheet

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AGD Post-Test

TERMINOLOGY CONFUSION CLARIFICATION

The glossary of Prosthodontic terms defines CENTRIC OCCLUSION as the “occlusion of opposing teeth when the mandible is in centric relation. This may or may not coincide with maximum intercuspal position.”

The glossary definition is not the one most dentists have learned, and it may be confusing on the video you are viewing. Previous definitions of CENTRIC OCCLUSION have indicated that this position is the location where the patient chews, regardless of where it is in regard to centric relation.

In this video please interpret the phrase CENTRIC OCCLUSION, which is the older phrase that most dentists use, to mean the MAXIMAL INTERCUSPAL POSITION or MIP, which is the best fit of the teeth regardless of the condylar position.

It is my plan to eventually eliminate the phrase centric occlusion and replace it with the phrase maximal intercuspal position or MI.

Sorry for the confusion!

Thank you!

Gordon Christensen

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Gordon J. Christensen
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V3106 SIMPLE TMD THERAPY FOR YOUR PRACTICE
Presented by: Gordon J. Christensen, DDS, MSD, PhD

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PROGRAM

V3106 Simple TMD Therapy for Your Practice

CLINICIAN RESPONSIBLE:

Gordon J. Christensen, DDS, MSD, PhD

Founder and CEO, Practical Clinical Courses
Senior Consultant & Previous CEO, CR Foundation
Practicing Prosthodontist, Provo, Utah

GOALS & OBJECTIVES

At the completion of this video presentation, participants should be able to accomplish the following:

1. Describe temporomandibular dysfunction (TMD).
2. List several potential reasons for TMD.
3. Describe the incidence of TMD.
4. List several instruments necessary for diagnosis of TMD.
5. List the steps in diagnosis of TMD.
6. Describe the reason for use of a stethoscope in examination for TMD.
7. Describe the reason for use of an otoscope in examination for TMD.
8. Describe the normal amount of opening of the mandible.
9. Explain muscular TMD.
10. Explain reasons for the implications when TMD has bone involvement.
11. List the types of health practitioners treating TMD.
12. List the types of treatment available for TMD.
13. Explain the rationale for TMD therapy.
14. List the described sequence for TMD therapy.
15. Discuss why an occlusal splint is usually done before an occlusal equilibration.
16. Describe the suggested patient interview for TMD.
17. Explain why the interview is necessary.
18. List several psychological factors that may indicate a difficult patient.
19. Describe occlusal splint therapy.
20. Describe the steps and the rationale for occlusal equilibration.

OVERVIEW

V3106 Simple TMD Therapy for Your Practice

Treatment of temporomandibular dysfunction (TMD) is often overlooked in general dental practice because of the perceived difficulty encountered in diagnosing the condition and the unknown potential success of the planned procedure. This video emphasizes the potential simplicity and desirability of treating the 80% of TMD patients who have muscular TMD without bone involvement. Treating muscular TMD can be simple, predictable, and effective.

The following aspects of TMD are presented, discussed, and demonstrated in this presentation:

- Description of TMD
- Reasons for TMD
- Incidence of TMD
- Diagnosis of TMD
- Description of muscular TMD
- Bone involvement with TMD
- Practitioners who treat TMD
- TMD treatment available
- Rationale for TMD treatment
- The sequence for TMD treatment
- Interviewing TMD patients
- Psychological evaluation
- Occlusal splint therapy
- Staff involvement in TMD therapy
- Types of occlusal splints
- Where to construct the splint
- Seating occlusal splints
- Use of splints by typical patients
- Occlusal equilibration
- Deciding when to provide occlusal equilibration
- The sequence of occlusal equilibration
- Use of occlusal splints after occlusal equilibration
- Long-term expectations after active therapy
- Follow-up therapy for TMD
- Practice administration and fees for TMD therapy

Therapy for muscular TMD is predictable, relatively simple, and effective. Incorporation of this procedure into practice provides diversion and stimulation for the dentist and staff, an excellent service for patients, and an economical advantage for the practice.

SUPPLEMENTAL MATERIALS

V3106 Simple TMD Therapy for Your Practice

1. CHRISTENSEN, G.J. "Abnormal Occlusal Conditions: A Forgotten Part of Dentistry". **JADA**. Vol. 126, December 1995. Pp. 1667-1668.
2. CHRISTENSEN, G.J. "Treating Bruxism and Clenching". **JADA**. Vol. 131, February 2000. Pp. 233-235.
3. CHRISTENSEN, G.J. "Now is the Time to Observe and Treat Dental Occlusion". **JADA**. Vol. 132, January 2001. Pp. 100-102.
4. CHRISTENSEN, G.J. "Is Occlusion Becoming More Confusing? A Plea for Simplicity". **JADA**. Vol. 135, June 2004. Pp. 767-770.

POST-TEST

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1. The majority of patients having TMD:
 - a. are women.
 - b. are men.
 - c. have bone involvement.
 - d. have severe pain in the temporomandibular joints.

2. A stethoscope is used in TMD diagnosis:
 - a. to hear popping.
 - b. to hear crepitus.
 - c. to evaluate the patient's hearing.
 - d. for determination of temporalis pathosis.

3. Muscular TMD pain:
 - a. is manifested in the frontal portion of the head.
 - b. never extends into the shoulders.
 - c. is manifested in the muscles of mastication.
 - d. is always in the platysma muscle.

4. Bone involvement in TMD occurs:
 - a. early in the TMJ degeneration.
 - b. is expected about 6 weeks after the problem starts.
 - c. always occurs in TMD.
 - d. usually occurs later in the TMJ degeneration.

5. The types of practitioners treating TMD are:
 - a. general practitioners.
 - b. Prosthodontists.
 - c. Periodontists.
 - d. oral surgeons.
 - e. all of the above.

6. The most common form of TMD therapy is:
 - a. occlusal splint and occlusal equilibration.
 - b. muscle exercises and occlusal splint.
 - c. occlusal equilibration and muscle relaxants.
 - d. none of the above.

7. The purpose of a patient interview for TMD is:
 - a. to evaluate the patient's mental involvement with the TMD.
 - b. to see if the patient has financial resources.
 - c. to see if you want to, should, or can treat the patient.
 - d. to find out as much as you can about the physiological aspects of the TMD as possible.

POST-TEST (CONT'D)

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8. Reasons not to treat the patient include:
- a. previous law suits with other dentists or physicians.
 - b. a history with many competent practitioners without success.
 - c. positive answers to most of the TMD questions.
 - d. all of the above.
9. Staff persons should be used as primary clinicians for:
- a. occlusal equilibration.
 - b. diagnosis and treatment planning.
 - c. occlusal splint construction and placement.
 - d. drug therapy.
10. The sequence of treatment for TMD suggested in this video begins with:
- a. drug therapy.
 - b. physical therapy.
 - c. occlusal equilibration.
 - d. occlusal splint therapy.

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