

# Midwest Manual Therapy Seminars

## Presents....

### Craniocervicofacial Physical Therapy 1

Course objectives:

On completion of the course the participant will be able to:

- Understand the postural, mechanical and soft tissue relationships of the craniocervicofacial (CCF) complex
- Understand PT role and responsibility addressing dysfunctions of CCF complex
- Understand normal TMJ biomechanics
- Evaluate and treat dysfunctions of TMJ, myofascial, and upper cervical systems
- Educate patients in self-care strategies and home exercise
- Communicate with dentists and other specialists as an integral part of the healthcare team

Date: **February 11<sup>th</sup> and 12<sup>th</sup>, 2023**

CEU hours: 15 **CEUL103831**

Cost: \$495; register at [mmtseminars.com](http://mmtseminars.com)

Location: **Performance Rehab**

11408 W 135<sup>th</sup> St.

Overland Park, KS 66221



Sue Klein, DPT, CFC

Sue Klein studied with Mariano Rocabado at The University of Saint Augustine earning a certification in Craniofacial Pain in 2013 and completing her DPT degree in 2017. Additionally, certifying in myofascial trigger point dry needling through Myopain Seminars, in 2017. Sue has lectured at local PT programs for several years and owns Integrative Physical Therapy in Lee's Summit, MO, a practice for patients with CCF pain.



Jackie Stuewe, DPT

Jackie Stuewe has been in the field of physical therapy for over 13 years, 10 of which she was mentored by Sue Klein and furthered her study of craniofacial pain with the University of St Augustine 2016-2018. She has manual therapy expertise in treating spinal conditions and completed extensive coursework through Midwest Manual Therapy Seminars.

#### Schedule: Day 1

7:00-7:15 AM	Introduction-Objectives
7:15-7:45 AM	Why PT for Craniofacial Pain
7:45-8:30 AM	Cervical Spine Mechanics, Headache differential, Growth and Development, Cervicotrigeminal nucleus
8:30-8:45 AM	Break
8:45-10:0 AM	How to Examine: Pain generators, Patient Profile, Case study
10:00-10:30	Lab: Head and neck posture, Palpation of related Musculature, Beighton Hypermobility Scale
10:30-10:45 AM	How to treat: Upper cervical spine, Posture Education-Restoring Lordosis
10:45-11:45 PM	Lab: Upper cervical spine-positional faults, Capsular dysfunction, Soft tissue techniques, lordosis training
11:45-12:00 PM	Case Study
12:00-1:00 PM	Lunch (on your own, nearby restaurants, fast-food)
1:00-1:45 PM	TMJ Anatomy, Joint Mechanics
1:45-2:30 PM	Lab: AROM, quality of movement, Bony palpation, Muscle Palpation-Myofascial trigger points, intraoral
2:30-2:45 PM	Break
2:45-3:45 PM	TMJ physiology: Mechanics, Rocabado pain mapping, disc displacement
3:45-4:45 PM	Lab: Objective Assessment, Pain Mapping, Joint Glides, Facial Symmetry
4:45-5:00 PM	Questions-Review-Evidence Informed Practice, Case Study

#### Schedule: Day 2

7:00-8:00 AM	Questions and Review: upper cervical, TMJ anatomy, mechanics, pain mapping
8:30-8:45 AM	Treatment Principles
8:45-10:00 AM	Lab: Treatment-Temporalis tendon release, Joint Glides, Disc Recapture
10:00-10:15 AM	Break
10:15-11:00 AM	What patients look like: Psychosocial factors, Co-Morbidities, Breathing, Sleep, Airway, Tongue
11:00-12:00 PM	Lab: Assessment, Lingual Palatal Seal, Lips, Tongue, Frenulum, Patient HEP/Self Care
12:00-12:30 PM	Lunch (feel free to bring sack lunch and/or eat during lecture, have microwave and fridge available)
12:30-1:30 PM	Dental Referral, Other Potential Specialists
1:30-2:30 PM	Practice Eval, Develop treatment plan