

My Head Hurts!

An Integrated Approach to Optimize the Treatment Outcomes of Common Craniomandibular Pain

Recommended Pre-Coursework Reading:

- Romero-Reyes, M., Klasser, G., & Akerman, S. (2023). An Update on Temporomandibular Disorders (TMDs) and Headache. Current Neurology and Neuroscience Reports, 23(10), 561–570. <https://doi.org/10.1007/s11910-023-01291-1>

Agenda

Friday, January 22, 2027

8:00 am	Registration and Breakfast	11:00 am	Neuroscience-based Exercise to manage CMP Hiroshi Kiyota, PT, DPT
8:30 am	Introduction to Craniomandibular Pain (CMP) Hiroshi Kiyota, PT, DPT		• Jaw muscle relaxation techniques • Use of guided relaxation techniques in the management of CMP's • Ergonomics/Posture – Time to rethink from the CMP perspective?
	• Prevalence, burden & sociocultural implications of common CMP • Temporomandibular Disorders (TMD) • Headache Disorders (HD)	11:45 am	Lunch
10:00 am	Coffee Break	12:45 pm	Case-Based Lab 1 – Examination & Intervention Techniques for CMP Kaitlin Lynch, PT, DPT
10:15 am	Introduction to “Integrated Approach” Hiroshi Kiyota, PT, DPT		• TMD based case
	• Neuro-musculoskeletal functional anatomy • Neuroscience relevant to CMP • Diagnostic challenges of common CMPs • Review of evidence and its implications to “Integrated Approach”	2:45 pm	Coffee Break (15 min)
		3:00 pm	Case-Based Lab 2 – Examination & Intervention Techniques for CMP Paul Spano, PT, DPT
			• HD based case
		5:00 pm	Adjourn