
Learning Objectives

MedBridge Massage
TMJ Anatomy, Etiology, and Progression
Douglas Nelson, LMT, BCTMB, CNMT

Course Objectives:

- Describe anatomy and function of the TMJ and surrounding structures relevant to treatment of TMJ dysfunction
- Describe the different types and etiologies of pain associated with TMJ dysfunction
- Outline the progression of TMJ, and factors that contribute to worsening dysfunction over

Chapter 1: Anatomy

The first chapter of this course provides a review of the anatomical structures that make up and directly affect the temporomandibular joint.

Chapter 3: Etiology and Associated Pain

In this chapter, Doug Nelson describes the etiology of TMJ pain and characterizes the types of pain that are commonly associated with TMJ pain.

Chapter 2: Progression

In the final chapter of this course, Doug Nelson describes the typical progression of TMJ dysfunction and the effects on the motion of the TMJ throughout this progression. Key considerations for treatment during different stages of this progression, and client recommendations are also discussed.