

## Learning Objectives

MedBridge Massage  
*TMD Manual Therapy*  
Douglas Nelson, LMT, BCTMB, CNMT

### Course Objectives:

- Demonstrate an evaluation procedure for measuring interincisal opening
- Demonstrate intra-oral manual therapy interventions for the TMJ
- Demonstrate extra-oral manual therapy interventions for the TMJ
- Demonstrate fascial interventions for the TMJ

### Chapter 1: Introduction to Manual Therapy

In this chapter, Doug Nelson introduces the rationale for using manual therapy for treating TMJ pain or dysfunction and demonstrates strategies for evaluate the interincisal opening, which provides a baseline for treatment and later re-evaluation.

### Chapter 2: Intra-oral Manual Therapy

In this chapter, Doug Nelson discusses and demonstrates intra-oral manual therapy approaches to treating TMJ pain and dysfunction.

### Chapter 3: External Manual Therapy

The third chapter of this course applies the manual therapy approaches introduced in the previous chapter to external therapy, both as a complimentary approach or an alternative approach for therapists who are unable to practice intra-oral therapy.

### Chapter 4: Myofascial Approaches

In the final chapter of this course, Doug Nelson demonstrates myofascial approaches to treating the temporalis, as an alternative to previously discussed methods.