



## Bill Esser MS, PT, CCTT

Bill graduated in 1979 with a master's degree from Purdue University and in 1981 from the University of Iowa Graduate Program in Physical Therapy. Bill's career has been as an outpatient orthopedic physical therapist including being an owner/partner in private practices in Southern Oregon 1986-2013. He retired from ownership in 2013 to concentrate on teaching. He is a diplomate of the Physical Therapy Board of Craniofacial Therapeutics, established in 1999 by an international group of physical therapists, and holds the title Certified Cervical and Temporomandibular Therapist (CCTT). There are fewer than 100 diplomats worldwide. Bill has almost 4 decades of multidisciplinary training and clinical experience in management of TMD, complex facial pain, and cranial and cervical spine dysfunction. In 2019 he completed a dental mini-residency under Jeff Okeson, DMD.

Bill has been an instructor for Empiridence and Myopain Seminars, Professional Therapies Northwest, and as an adjunct instructor on TMD for the Schools of Physical Therapy at Pacific University and George Fox University. Bill has also taught for the Oregon Physical Therapy Association and Oregon Dental Association on TMD. In 2011 and 2015 Bill was a speaker at the OBI Foundation for Bioesthetic Dentistry National Conferences. Bill is the coauthor of an editorial in the March 2022 issue of *Craniofacial Journal* on the relationship of dental occlusion, posture, and back pain.

## A Multidisciplinary Approach to TMD

As many as 20% of patients entering the dental office have symptoms of temporomandibular dysfunction (TMD) with 7 – 10% seeking treatment <sup>(1)</sup>. Dentists are considered the primary provider for, authority on, and are considered legally responsible for, the evaluation and treatment of the TMD patient <sup>(2)</sup>. It is imperative that dentists, physical therapists, and medical professionals working with TMD patients obtain clinical and research-based tools for evaluation and treatment of this patient population.

To effectively address the TMD patient, dental and medical professionals need an interdisciplinary understanding of the anatomy and function of the teeth, occlusion, head, neck, and trunk as they relate to TMD. The TMD practitioner must understand the interrelation of these multiple components and how dysfunction of any single or multiple elements of this system can initiate and sustain TMD. Unilaterally treating TMD patients from a dental or medical therapy approach has led to the current confusion and often failed treatment the TMD patient experiences.

Bill's approach to TMD is practical and immediately applicable. His straightforward evaluation, proven differential diagnostic tests, and practical treatment programs are based on current research and systematic approaches taken by leaders in the field in TMJ care. Bill has over 39 years of clinical experience in which he has evaluated and treated 1000's of patient suffering from TMD. His goal is to teach those dealing with the TMD patient the necessary skills needed for evaluation and effective treatment.

1. Jeff Okeson, Mini Residency May 2019
2. H. Clifton Simmons III, DDS. *Journal of Craniomandibular & Sleep Practice*. 2016, Vol 34, No. 2

## Course Objectives/Goals

**Upon completion of this course, participants will be able to:**

- Obtain a historical perspective on TMD and appreciation of why TMD continues to be an area of confusion for both dentists and medical professionals.
- Appreciate current research and clinical concepts regarding TMD from both medical and dental professionals working in the field of TMD.
- Understand basic anatomy and function of the TMJ and upper cervical area and appreciate their role in TMD.
- Use basic orthopedic evaluation techniques for the facial musculature, TMJ, and upper cervical area using proven clinical and research-based tests. These tests will help you to evaluate and know which structure is causing the TMD problems your patient is experiencing.
- Be able to classify TMJ dysfunction into the appropriate classification system for both joint and muscle problems so effective treatment can be implemented.
- Gain an appreciation for the contribution of dentition, occlusion, the TMJ, cranium, the neck, and postural influences on TMD issues.
- Appreciate the role that dentistry and physical therapy play in treatment of the TMD patient.
- Understand the use of splint types in the treatment of both joint and muscle issues for the TMD patient.

*This two-day course is eligible for 16 CEUs for dentists, physical therapists, hygienists, and ancillary dental personnel.*

## Testimonials:

### From Dentists

"Bill Esser's course on TMD was extremely useful for me as a dentist. He is excellent and skilled at communicating his wealth of knowledge to others and is passionate about treating TMD. I come away from his class feeling more empowered and better able to treat and care for my patients."

Jenny Nguyen DDS

"As a practicing dentist for 30 years, and massage therapist for the last 2 years, I found Bill Esser's TMJ course to be, by far, the most informative on TMD function, dysfunction, and treatment that I have read or heard."

Bruce Austin, DMD, LMT

"Mr. Esser is a tremendously valuable resource for my patients with TMJ dysfunction. His educational background, passion for his work, and years of clinical expertise make him uniquely qualified to diagnose and treat these patients."

Ted Bennion, DMD, Orthodontist

"Bill has helped many of my patients experience significant relief and enjoy long-term improvement to their debilitating TMD conditions. He possesses an uncommon enthusiasm and drive to educate people of all ages in managing their jaw difficulties."

Jake Layer, DMD, Past President,  
Jackson County Dental Society

### From PTs and Chiropractors

"Mr. Esser's TMD course took me from conversational to fluent in only two days. Absolutely a gem for anybody looking to up their skill set in TMD treatment."

Mike Kunish, PT, DPT.

"One of the most information-rich courses I have taken in years."

Mike Doden, PT

"Whatever manual therapy profession you hail from, you'll enjoy a weekend of research-based and clinically tested ideas and treatments to advance your ability to address TMD."

-Frank Wen, DC

I had the utmost pleasure to be in your "Evaluation and treatment of the TMD patient." You gave such valuable information, skills and gave clear explanations of this complex joint and how to evaluate the patients.

Cydney Dashkoff DPT

Registration 7:30 – 8 am  
Course time each day: 8 am – 5 pm

### Day 1:

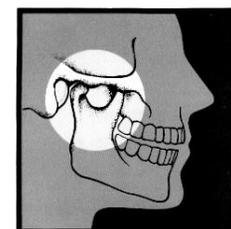
- Introduction to the LPTMJ evaluation format
- Anatomy and inter-relationship of the TMJ, cranium, and cervical spine
- Visual analysis of external and internal facial structure – Visual analysis LAB
- Classification of TMD dysfunction including disc displacement with reduction "ddwr", disc displacement without reduction "ddwor", close- lock TMJ, and DJD of the TMJ –AROM LAB
- Provocation Testing of Facial musculature and joint structures/straight forward orthopedic – muscle testing and joint testing LAB

### Day 2:

- Palpation of facial, suboccipital, and cervical structure – palpation LAB
- How to use the LPTMJ format for patient evaluation
- Treatment of TMD, disc displacement with duction /addressing day parafunction
- Manual mobilization of the TMJ – mobilization LAB
- Patient self-mobilization of the TMJ
- Managing disc displacement without reduction
- Addressing the head and neck in relationship to TMDs – head and neck LAB
- Splint application – what's research support? Are there guidelines for splint application?
- Questions and Answers

## Evaluation and Treatment of the TMD Patient Utilizing a Physical Therapy/Dental Coordinated Approach

*A Clinical and Evidence-Based Program*



Presented by

**Bill Esser, PT, MS, CCTT**

**October 1 & 2, 2022**



**36200 Euclid Ave #5**

**Willoughby Ohio 44094**

**440-918-0836**

**Physical Therapy and Dental  
Professionals \$600**

*\$575 until Aug. 20, 2022*

Registration:

<https://tomocklerpt.com/product/tmd/>