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Utilizing Acupuncture and Osteopathic Manipulation in the Treatment of TMDs

Temporomandibular Disorder (TMD) is clinically characterized by pain in the masticatory muscles of the temporomandibular joint (TMJ). This affects an estimated 10 million Americans, and one-third of adults will experience symptoms of TMD over their life span. Clinically, patients complain of tenderness, headaches, restricted jaw movement, muscle stiffness, and weakness.

The consequences of untreated head, neck, and facial pain range from a lower quality of life to a healthcare burden for avoidable treatment. Adopting Osteopathic Manipulative Treatment (OMT) and Acupuncture as a more mainstream approach to treatment and prevention of those issues could help create healthier and more productive communities.

Overall, acupuncture offers a useful treatment modality in the management of TMD. It is simple, relatively safe, and efficacious.

The workshop will provide hands-on examples of both acupuncture and OMT for the participants.

Biography

Leonard B Goldstein serves as A. T. Still University's Assistant Vice President for Clinical Education Development, Professor of Osteopathic Manipulative Medicine at the ATSU School of Osteopathic Medicine in Arizona (SOMA) and Professor of Dentistry at the ATSU Arizona School of Dentistry and Oral Health (ASDOH). He has earned his Doctor of Dental Surgery degree from Case-Western Reserve University and PhD from the City University of Los Angeles. Immediately following graduation from dental school, he served in the US Army as a Captain in the Dental Corps during the Viet Nam Conflict. Prior to joining ATSU, he was the Director of Clinical Education and Associate Professor of Family Medicine at the NYIT College of Osteopathic Medicine from 2005-2014. He has published over seventy (70) peer-reviewed articles and has spoken at national and international medical and dental education conferences.

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