

32nd Asia Pacific

DENTAL AND ORAL HEALTH CONGRESS

July 23- 24, 2018 Sydney, Australia

The seven keys to making a physical diagnosis of TMD: An alternative method for structure differentiation The Latimer Technique®**Mark Latimer**

Active Health Solutions, Australia

Temporomandibular Disorders (TMD) reportedly affect 28-78% of the population and represents a significant health burden causing facial pain, social embarrassment and impacting oral function. Clicking, pain, stiffness and decreased mouth opening are the most common symptoms of TMD and historically, the diagnosis of TMD has been aimed more towards categorizing the signs and symptoms rather than identifying its cause. A clearer diagnosis could be made by reproducing the patient's symptoms and differentiating problematic TMJ structures. This presentation introduces The Latimer Technique®: A new, systematic approach to the diagnosis and physical treatment of TMD and highlights seven key elements essential in differentiating the TMJ bones, joint capsules, ligaments, muscles, nerves and discs. To demonstrate its efficacy, a clinical audit of outcomes was performed from 92 consecutive patients with TMD, treated by three physiotherapists in a single clinic over a five-year period. A precision dial caliper measured mouth openings and click-free movements. 89 (97%) patients had increases in mouth opening of up to 38.1 mm, indicating improvements up to 206% from pre-intervention values, with an average improvement of 26.63%. Of these patients, 70 (79%) returned to full, click-free movement (> 45 mm) within 8 treatments, in less than 6 weeks. This retrospective audit suggests that The Latimer Technique® can be an effective assessment and treatment tool which can increase click-free mouth opening to normal ranges in a short time frame. Future clinical research could evaluate The Latimer Technique® in comparison to other treatment modalities such as night splints, Rocabardo exercises, massage or dry needling.

Biography

Mark Latimer is qualified in Physiotherapy from LaTrobe University, Melbourne in 1987 and attained his APA Sports Physiotherapist title in 1997. Over the past 24 years, he has researched and developed the Latimer Technique®. He has been teaching this approach to health practitioners across Australia and internationally.

l8imer@bigpond.net.au

Notes: