



## TMJ Course

### Temporomandibular Joint

The temporomandibular joint (TMJ) is the joint connecting the jawbone to the skull, located on each side of the face in front of the ears. It allows for complex movements like chewing, speaking, and swallowing. Temporomandibular disorders (TMD) occur when there are problems with these joints and/or the muscles controlling jaw movement.

### Course Detail

Date:	13-14 September 2025
Time:	13 September: 13:30-18:30 14 September: 09:00-17:00
Presenter:	Dr. Crystal Wang - Department of Oral and Maxillofacial Surgery, The Faculty of Dentistry, The University of Hong Kong Liu Yu-Chuan - TMJ Specialist Physiotherapist - Department of Physical Therapy and Assistive Technology, National Yang Ming Chiao Tung University
Venue:	12/F, Virtus Medical Tower 122 Queen's Road Central, Central, HK
Capacity:	20-22
CPD:	10 Points
Organizer:	Virtus Medical Group Hong Kong Physiotherapist Union (HKPU)
Course Fee:	Non-HKPU member: \$ 5000 HKPU member: \$4500

## **Liu Yu-Chuan**

Director of Total Solution PhysioTherapy Clinic

Director of Taiwan Physical Therapy Association

Director of Taiwan Myofunction Association

Clinical Instructor of Department of Physical Therapy and Assistive Technology, National Yang Ming

Chiao Tung University

Author of 《TMJ 101-Physical Therapy Approach with the Jaw Taking Center Stage》

## **Dr. Crystal Wang**

Dr. Crystal Wang is a specialist in oral maxillofacial surgery and currently serves as part-time Hospital Dental Officer at PPDH and Honorary Clinical Assistant Professor in Department of Oral and Maxillofacial Surgery, Faculty of Dentistry, HKU.

She completed her undergraduate studies in 2015 and graduated Master of Dental Surgery (OMFS) in 2021 at HKU.

Her previous roles included part-time Clinical Practitioner and Clinical Lecturer, Honorary Dental officer at HKU. She began her training journey in Oral and Maxillofacial Surgery as a Junior Hospital Dental Officer at PPDH in 2015 and worked in private practice in the subsequent year. She held the position of Honorary Dental Officer at HKU since 2017. Dr. Wang is currently Honorary Treasurer of the YOMSHK committee.

## **Course Content**

<b>Day1</b>	
<b>Common Diseases and Pathophysiology of Temporomandibular Joint (TMJ)</b>	Introduces the common clinical pathology and clinical manifestations of the temporomandibular joint (TMJ) disorders.
<b>Functional Anatomy, Biomechanics and Kinesiology of the Temporomandibular Joint (TMJ)</b>	Explores the biomechanics of the TMJ and introduces the different phases of joint movement. By understanding the internal changes occurring in each phase, practitioners can better assess which phase a patient is in and their relationship to their pain.
<b>Examination of Temporomandibular Joint Disorder (TMJ Disorder)</b>	Explores the symptoms associated with TMJ syndrome and examines whether questionnaires or simple screening methods can be used for diagnosis. Additionally, it investigates the internal medical issues that contribute to these symptoms and explores potential solutions for better management.

<b>Day 2</b>	
<b>Joint Mobilization Techniques</b>	Joint mobilization techniques have traditionally been used for treatment, but due to the unique nature of the TMJ, they can also serve as a diagnostic tool. This session aims to help participants understand the underlying principles of joint mobilization, learn the methods and contraindications, and practice the technique in pairs under the supervision of the instructor.
<b>Soft Tissue Management Related to the Temporomandibular Joint (TMJ)</b>	Introduces the five key muscles associated with the TMJ, integrating previous learning with the use of palpation to help physiotherapists understand which muscles may be linked to a patient's primary complaint. Participants will also learn stretching methods and trigger point therapy for effective treatment.
<b>Interdisciplinary collaboration and Patient Education for TMD</b>	In addition to physical therapy, this course introduces common treatments from other medical specialties. By understanding these approaches, professionals can explore interdisciplinary collaboration and integrate it into patient education.
<b>Exercise Prescription for Temporomandibular Joint (TMJ)</b>	Develop effective exercise prescriptions for TMJ injuries, whether affecting hard or soft tissues. Strengthening is emphasized as a method to enhance joint stability. Participants will engage in hands-on practice to refine their exercise guidance skills.

Deadline of application: **23 August 2025**

**Remarks:**

\* Please fill in the application form via Google: <https://forms.gle/8Cks5bb1LBsHb88g8>

\* Successful applicants would be contacted by email.

\* Payment: Bank-in. Please send the proof of the payment to email:

[Raly.Wong@virtuscare.com](mailto:Raly.Wong@virtuscare.com)

\*Once payment is received, no refund is given unless the available spot is filled from a waiting list.

\* On a First-come, first-served basis.

\* Virtus Medical Group reserve the right to cancel the course due to bad weather or pandemic condition. Full refund will be given in such circumstances.

\* For application enquiries, please contact Miss. Raly Wong (Whatsapp [66889128](tel:66889128), Email [Raly.Wong@virtuscare.com](mailto:Raly.Wong@virtuscare.com))