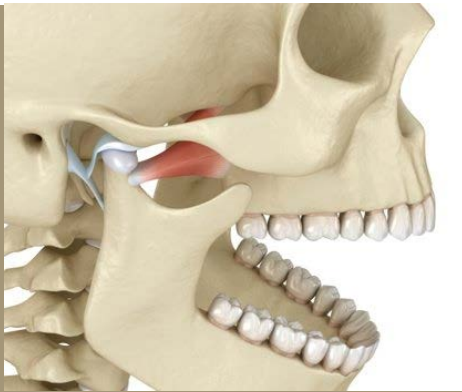


THE TEMPOROMANDIBULAR JOINT

ASSESSMENT, DIAGNOSIS AND TREATMENT IN PHYSIOTHERAPY

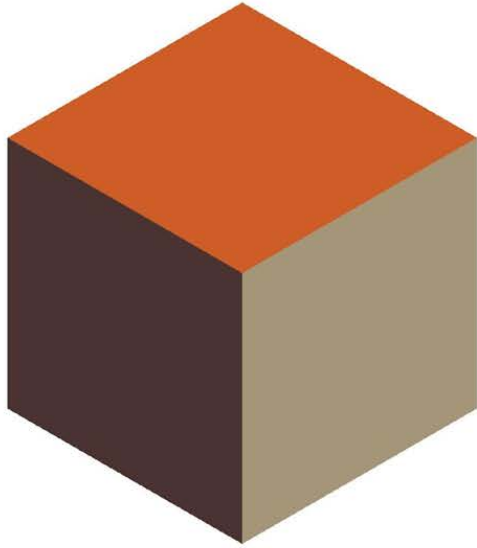


by

Chantal.M. Lafrenière, P.T., M.Sc., D.O.

and **Jean-Philippe Perreault, P.T.**





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WHAT IS EASYREHABEXERCISES.COM?

Easyrehabexercises.com is a business that specializes in the sale of electronic books on rehabilitation exercises and also in TMJ related online courses.

These e-books and courses can be downloaded at the time of purchase and you can access your content afterwards. So, no paper, no delivery! We also strive to translate their content into three languages in order to make it available to as many people as possible.

These e-books and online courses are mainly intended for the use of professionals, as much in medicine, as in physiotherapy, dentistry, ENT, otorhinolaryngology, occupational therapy, chiropractic, osteopathy, acupuncture, massage therapy, etc. These e-books and online courses were conceived under the advice of these different professionals in order to meet their needs as much as possible in terms of facial exercises. We hope that they will be a real toolbox for you. Simple, easy to access, concise, while being as complete as possible in terms of facial rehabilitation exercises.



CHANTAL LAFRENIÈRE'S PHYSIOTHERAPY CURRICULUM

- A physiotherapist who graduated from the Université de Montréal in 1987, Ms. Lafrenière completed a master's degree in TMJ biomechanics at the University of Ottawa in 1995.
- Since 1991, she continues to enrich her knowledge by participating in various training courses, conferences, congress in the dental, physiotherapy, osteopathy and ENT professions
- She also completed a full degree in osteopathy at the Still Academy Quebec in 2005.
- As an expert clinician in craniomandibular and orofacial disorders, as well as in facial and cranial neuralgia, ear, throat and ear pain, and cervical and occlusal dysfunctions, she works in two specialized clinics of which she is co-owner.
- Mrs. Lafrenière is also regularly invited to give conferences or advanced training courses in her field.
- Co-owner and clinician of 2 clinics specialized in temporo-mandibular, cranio-cervical, orofacial, vestibular rehabilitation and headache disorders (Ottawa and Gatineau, in Quebec and Ontario Provinces in Canada)
- Works a lot in a multidisciplinary team with neurologist, ENTs, physicians, maxillofacial surgeons, orthodontist and dentists.
- Trainer for 24 years at the Quebec Professional College of Physiotherapy in Canada (basic and advanced courses in TMJ and cranio-oro-facial disorders), in manual therapy (Ontario, Canada) on TMJ.

CHANTAL LAFRENIÈRE'S PHYSIOTHERAPY CURRICULUM

- Teacher at the University of Ottawa (1987-1996).
- Lecturer / Trainer for 25 years to dentists, orthodontists, physiotherapists, ENT's and osteopaths on the above subjects.
- Co-founder of the RPO (Regroupement des physiothérapeutes de l'Outaouais), conference dinners.
- For more than 20 years, her practice in physiotherapy and osteopathy has consisted exclusively in treating the following cases:
 - Headaches, migraines , vestibular migraine
 - Orofacial, ear and throat symptoms cases
 - Complex cervical dysfunctions
 - Complex Mechanical temporomandibular and oral disorders
 - Facial, jaw, head and neck trauma and surgeries
 - Concussions, facial trauma
 - Tinnitus, swallowing and phonation problems
 - BPPV and Vestibular Rehabilitation
 - Infant: plagiocephaly, congenital torticollis , suction dysfunction
 - Facial and cervical dystonia
 - Trigeminal and cervical neuralgias, Facial paralysis

CHANTAL LAFRENIÈRE, P.T., M.SC., D.O.



JEAN-PHILIPPE PERREault'S PHYSIOTHERAPY CURRICULUM

- He has a bachelor's degree in physiotherapy.
- He graduated from Laval University, Quebec, Canada in 2002.
- Physical therapist in the Canadian Great North in 2004: at the Public Health Center (Iqaluit, Nunavut)
- He has been practicing as a physiotherapist since 2002 and has had his own physiotherapy clinic since 2010.
- The latter has acquired several trainings at the temporomandibular, craniofacial and vestibular levels since that time.
- He himself has been working with a clientele struggling with these types of problems since 2005.
- He has lectured on several occasions at various conferences in the temporomandibular, craniofacial and sleep apnea fields.
- Among other things, he was a guest speaker on obstructive sleep apnea at the IFOMPT (International Federation of Orthopedic Manipulative Physical Therapists) world congress in 2012 in Quebec City, Quebec, Canada.
- Conference speaker on physiotherapy treatment of obstructive sleep apnea at the «Physiothérapie 360 degrees» congress - Ordre professionnel de la physiothérapie du Québec in 2013.
- Founder of the online store "Easyrehabexercises.com" specializing in the sale of e-books on rehabilitation exercises in 2020.

JEAN-PHILIPPE PERREAULT, P.T.



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Notes:

- *Teaching comments and clinical issues are added in italic, just like in an oral presentation.*
- *Please forgive any grammatical errors in this document, as English is not our native language. We are French Canadians.*
- *Note that clinical notes will be in italic as comments would be added in a lecture.*

