



SCHOOL OF DENTISTRY  
UNIVERSITY OF MINNESOTA  
Driven to Discover<sup>SM</sup>

# CONTINUING DENTAL EDUCATION

## Miniresidency in TMD and Orofacial Pain

Thursday-Friday, January 25-26, 2024

Lynda J. Young Conference Room – 6-410 Moos HS Tower

Preliminary Program

### Thursday

8:00

#### Introduction

Donald Nixdorf, DDS, MS

8:15

#### Differential diagnosis of jaw pain and mimics of TMD

Donald Nixdorf, DDS, MS

9:05

#### Listening and examining for TMD

Justin Durham, BDS, PhD or Donald Nixdorf, DDS, MS

9:50 Break

10:10

#### Diagnosis of TMD

Emma Beecroft, BDS or Donald Nixdorf, DDS, MS

11:00

#### Ordering tests in patients with TMD: What, when, and why

Donald Nixdorf, DDS, MS

11:45 Lunch break

12:45

#### Psychology and TMD

Robyn Drach, PhD

1:45

#### Self-management: A critical role in TMD

Justin Durham, BDS, PhD or Donald Nixdorf, DDS, MS

2:15 Break

2:35

**Treatment: Physical Therapy**

Emily Kahnert, DPT, CCTT

3:35

**Practical use of medications for treating patients with TMD**

Donald Nixdorf, DDS, MS

5:00 Adjourn

**Friday**

8:00

**Oral Appliances**

Emma Beecroft, BDS or Donald Nixdorf, DDS, MS

8:50

**Surgery**

Justin Durham, PhD or Donald Nixdorf, DDS, MS

9:20 Break

9:40

**Clinical demonstration**

Clinical Faculty and Residents

10:15

**Practice TMD evaluation skills**

Clinical Faculty and Residents

11:45 Lunch break

12:45

**Application of evaluation skills with TMD patient**

Clinical Faculty and Residents

3:25

**Summary, questions and answer session**

Donald Nixdorf, DDS, MS

5:00

Adjourn

### Meet Our Course Director

Donald Nixdorf, DDS, MS, is a Professor at the University of Minnesota School of Dentistry and Director of the Division of TMD & Orofacial Pain. He graduated from dental school at the University of Alberta, a hospital residency from The Ohio State University, an anesthesia fellowship at Johns Hopkins University, and an orofacial pain fellowship at the University of Alberta. He is a Diplomate of the National Dental Board of Anesthesiology (NDBA) and the American Board of Orofacial Pain (ABOP).

### Meet Our Experts

Robyn Drach, PhD, is a Licensed Clinical Health Psychologist with a private practice location in the TMD, Orofacial Pain, and Dental Sleep Medicine Clinic at the University of Minnesota School of Dentistry. She specializes in pain, geriatric, and rehabilitation psychology. She primarily works with adults who are experiencing chronic pain or chronic health conditions. Dr. Drach completed her bachelor's degree at the University of Cincinnati, in Cincinnati, Ohio, where she graduated with honors in psychology. She earned her master's and a doctoral degree from the University of North Dakota in Grand Forks, North Dakota. She completed a fellowship in Geriatric and Rehabilitation Psychology at Rush University Medical Center in Chicago, Illinois.

Emily Kahnert, DPT, CCTT, is a Physical Therapist in the Temporomandibular Disorders (TMD), Orofacial Pain, and Dental Sleep Medicine Clinic at the University of Minnesota School of Dentistry and a Rehabilitation Science PhD Candidate. Her 17 years of clinical practice have exclusively focused on treating TMD and Orofacial pain in multidisciplinary settings. She earned her Certified Cervical and Temporomandibular Therapist designation through the Physical Therapy Board of Craniofacial and Cervical Therapeutics in 2019 and is part of the TMD PT Clinical Practice Guideline development group. Her dissertation will assess telerehabilitation effectiveness for individuals with TMD, and her research is supported by the Academy of Orthopaedic PT and the American Academy of Orofacial Pain.

### Meet Our UK Partners

Justin Durham, BDS, PhD is a Professor of Orofacial Pain and the Head of the School of Dental Sciences at Newcastle University. He is an Honorary Consultant Oral Surgeon at Newcastle-Upon-Tyne Hospitals' NHS Foundation Trust in the United Kingdom. He began his clinical academic career as a Clinical Fellow/Hon SpR in Oral Surgery at Newcastle University and obtained his PhD from Newcastle University. He completed his Oral Surgery specialist training and also became the first person in the UK to pass the American Board of Orofacial Pain. He held a prestigious NIHR Clinician Scientist award from 2012-2017, which funded his research on the care pathways in chronic orofacial pain. In his clinical practice, he has established and leads a multidisciplinary orofacial pain clinic that receives tertiary-level referrals from both dental and medical specialties in the North of England. His primary research interests are in all types of orofacial pain both at the first and second translational research gaps. He has wide experience in a variety of methodologies involved in health services research.

Emma Beecroft, BDS, is an Associate Clinical Lecturer at Newcastle University.

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