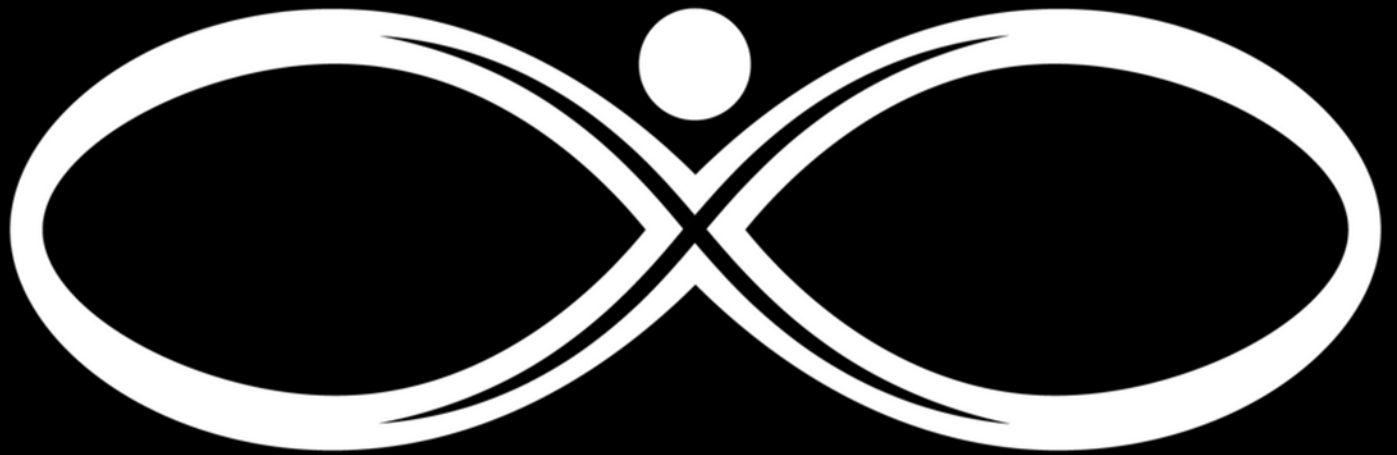


P H Y S I O K I N E T I X



M A N U A L T H E R A P Y

**CERVICAL &
OROFACIAL PAIN**

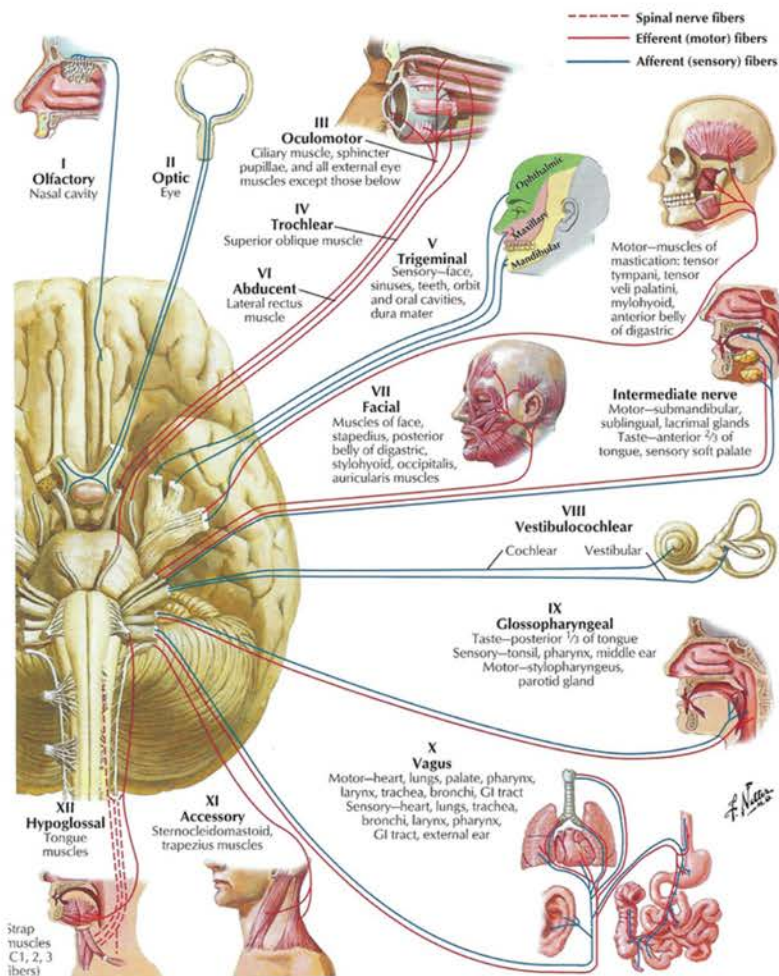
**Neuro Articular
Regenerative
Kinetics**

Part 1

PRESENTED BY PAUL KELLY, BS | CPT | LMT | MPKT | MMT

CRANIAL NERVES REVIEW

1. Optic Nerve _____ Sensory
2. Olfactory _____ Sensory
3. Oculomotor _____ Motor
4. Trochlear _____ Motor
5. Trigeminal _____ Both
6. Abducens _____ Motor
7. Facial _____ Both
8. Vestibulocochlear _____ Sensory
9. Glossopharyngeal _____ Both
10. Vagus Nerve _____ Both
11. Accessory Nerve _____ Motor
12. Hypoglossal Nerve _____ Motor



TEMPOROMANDIBULAR JOINT (TMJ)

Mobilizations

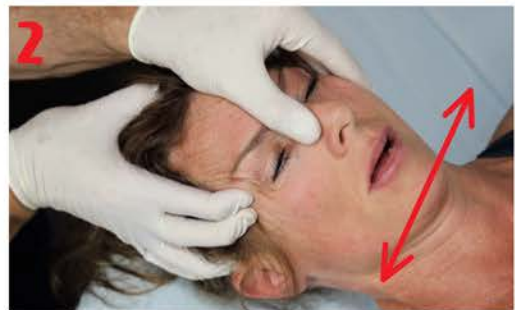
Action 1: Operator places palm of hand on the mandible of the weak side while bracing and stabilizing the TMJ of the opposite side. Client relaxes the jaw as the Operator articular pumps the weak side in a cross-downward J motion. Afterwards, Operator relaxes client with circular massage.

Action 2: Operator places fingertips on the sphenoid bone and pulls superiorly / Posteriorly away from the nasal bone. Operator comes across the face with the opposite hand, with thumb on the lower part of the ridge of the nose, on the side of deviation. Clients opens the mouth and wiggles left to right as the Operator applies a traction. Try both sides.

Action 3: Operator checks for any deviation again with clients mouth open. Client pushes away from deviation and lightly taps teeth together (open and close). Operator applies light resistance during the push and taps. Afterwards, client taps on right and left side, protrudes jaw back and forth, clenches, and relaxes.

Action 4: Client wiggles left to right with mouth slightly open.

Action 5: Client fires all muscles of the mouth by saying 'WOW'



TEMPOROMANDIBULAR JOINT (TMJ)

Rebalance & Reactivate Muscles of Mastication

Goal: Remodel the head of the condyle of the mandible. Mix the synovial matrix of the capsule to speed up metabolism of cell neogenesis. To alleviate referral pain.

Assessment: Client opens mouth to test ROM. Operator notes any drifting. (Weakness is on side of drifting.)

Operator places fingers on the condyles of the TMJ. Client opens mouth and Operator notes anterior displacement or clicking on each side.

Action 1: Operator places hand with pressure on opposite side of weakness. Client pushes jaw towards operators hand. Hold for 10 seconds. Repeat 2 times.

Action 2: Operator holds back of clients head and places webbed hand over front of jaw. Client protrudes jaw outwards. Operator applies pressure on side of weakness (Client's right side in example)

Action 3: Operator now places webbed hand with light pressure on lower angles of the mandible at the fingertips. Client slowly opens jaw while operator applies slight pressure.

Action 4: Operator places hand under chin as Client slowly opens with isometric resistance from Operator.



(TMJ) SELF CARE

Mobilize & Rebalance for Pain Management

Action 1: Start with hands on the back of the occiput, pressing your head back and lifting your sternum. Look up with your head and eyes. Hold for 10 - 20 seconds. Repeat. Try looking up and down to the sides, in diagonals.

Action 2: Place your hand, in a pistol grip, across your face below the nose. Push straight back, 5 times.

Action 3: Place fist under the jaw. Open mouth with isometric resistance. Let the teeth separate, not too wide open.

Try under the weak side. 5 - 10 seconds, isometric.

Action 4: Place hand, pistol grip, over chin. Pressure on the weak side using thumb. Protrude jaw forward, isometrically, 5 - 10 seconds. Try both sides.

Action 5: Eccentrically load masseter, temporalis, and deep masseter. Hook 2 fingers inside the mouth, eccentrically pulling down and outwards like a J.



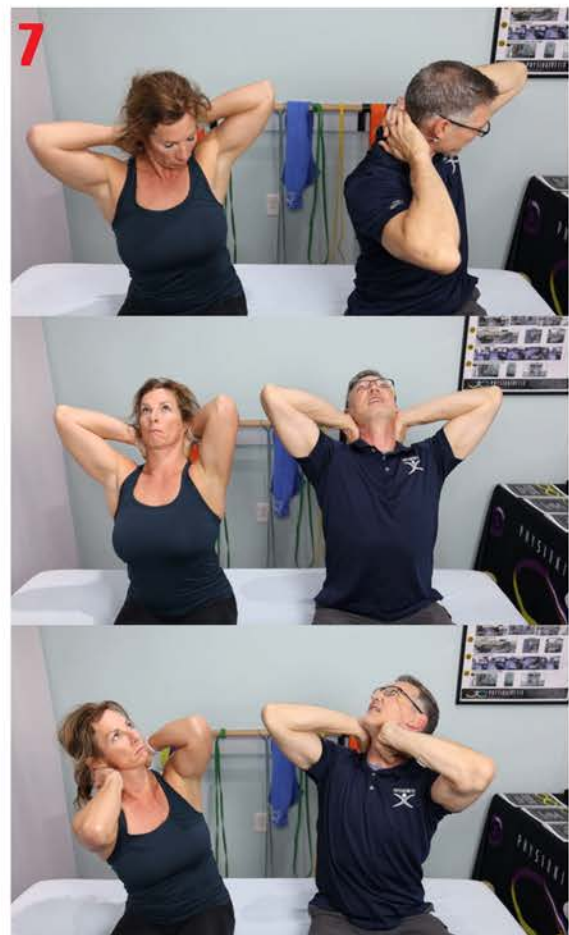
(TMJ) SELF CARE

Mobilize & Rebalance for Pain Management

Action 6: Lateral Deviation. Place fist on the side of the jaw. Push into the side of weakness as your jaw isometrically resists the push.

Action 7: Place hands around the neck to traction as you look up. Fingers are around the base of the skull.

Then place fingers on back of the neck, on both sides of the lamina groove. Look up, turn 30 degrees and pull with your fingers on the opposite side that you are looking.



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BRAIN-BODY BASED, PAIN MANAGEMENT SYSTEM
TO IMPROVE CLINICAL OUTCOMES & TAKE CLIENTS
TO A NEW LEVEL OF PAIN FREE PERFORMANCE!**

**"PAUL IS VERY KNOWLEDGEABLE IN EVERY
ASPECT OF THE BODY. HAVING A LIVE SESSION
WITH HIM IS BEYOND WORDS. I HAVE SEEN
VIDEOS, BUT THERE IS NOTHING LIKE GOING
TO A WORKSHOP."**

