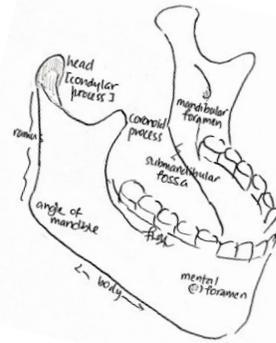


TEMPOROMANDIBULAR DISORDER

WORKSHOP • SERIES



Physiotherapy Assessment & Management

Intent

Temporomandibular joint dysfunction (TMD) represents a group of disorders that affect the masticatory system. Up to 70% of the population may complain of a few symptoms of TMD, not leading to a specific diagnosis. Such symptoms may co-exist or be worsened in cases of whiplash or other musculoskeletal conditions. As such, knowing how to assess and manage TMD will allow earlier management of TMD symptoms and hopefully, limit the progression of the pain problem.

In this workshop, we will focus on

- anatomy and biomechanics of the temporomandibular joint, important relation with the upper cervical spine and other comorbidities
- physiotherapy assessment and reasoning
- management – manual therapy, exercises and education

Approach

The emphasis is on integration, synergy and clinical reasoning. Participants should expect >60% practical, and complete recommended pre-readings and 2-hr lecture prior to the hands-on workshop.

Workshop series – assuming less on pre-requisites and focus on reasoning and hands-on skills

Facilitate

Ms Loy, Fong Ling

Bio: <https://www.linkedin.com/in/fong-ling-loy-a8566b170/>

Dues¹

SGD 950 [lecture, 2-day workshop]

Meet²

Lecture

Date: 5th May 2026; 7-9pm

@ Google Meet

Workshop

Date: 7-8th May 2026; 8.30am - 5pm

@ The Practice Matters

114 Lavender Street, CT Hub 2 Lobby 4,
#11-04, Singapore 338729

Connect

FL@practice-matters.com

Timeline: by 1st April '26

CPE Cat1a points apply

¹ fees are non-refundable. In unforeseen circumstances, please contact the organiser

² the organizer reserves the right to cancel/reschedule the course. A full refund will be made, as appropriate