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Practice Setting: Outpatient orthopedics

Innovation Name:

Expand Your Reach: A Toolkit for Promoting PT-Dentist
Collaboration in the Evidence-Based Management of
Temporomandibular Disorder



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Description of Practice Innovation

- Develop a Toolkit for PTs to foster improved collaboration with dental professionals in the care of individuals with Temporomandibular Disorders (TMD)
- Enable PTs to efficiently and effectively advocate for physical therapy as an evidence-based conservative management option in TMD to dental professionals.



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Temporomandibular Disorders (TMD)



The image contains two main visual elements. On the left is a photograph of a woman with a pained expression, holding her right hand to her jaw. On the right is a simple black line drawing of a tooth, with a small grey speaker icon positioned to its right.

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TMD is a global problem



The image features a central photograph of a woman holding her jaw in pain. Below this photo are three data callouts, each consisting of a light blue rounded rectangle with a dark blue border and a speaker icon in the bottom right corner. The callouts contain the following text: '2-3.5%', '#2', and '49%'.

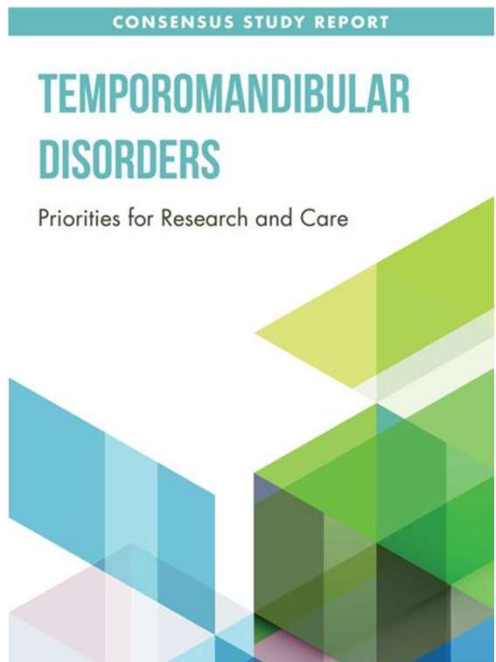
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Application of Practice Innovation

- Orthopedic PTs in outpatient settings to grow their practice to include TMD
- General dentists to improve interprofessional collaboration
- Local, statewide and nationwide levels



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CONSENSUS STUDY REPORT

**TEMPOROMANDIBULAR
DISORDERS**

Priorities for Research and Care

Access to quality evidence-based care in TMD is a national issue

“Action is urgently needed to improve care for Individuals with TMD. Too long compartmentalized as a dental issue, both the clinical management of and research addressing TMDs need to implement a holistic and multidisciplinary approach”

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Current Care Gaps in TMD

- Lack of coordinated care and abandonment
- Over-treatment/harmful treatment
- Expense
- Impact on quality of life
- Identifying qualified health care professionals
- Managing comorbidities

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CONSENSUS STUDY REPORT

TEMPOROMANDIBULAR DISORDERS

Priorities for Research and Care

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Gaps in Physical Therapy

CRANIO®: THE JOURNAL OF CRANIOMANDIBULAR & SLEEP PRACTICE
2020, VOL. 38, NO. 5, 312-319
<https://doi.org/10.1080/08869634.2018.1525117>

PHYSICAL THERAPY Check for updates

Physical therapists' self-perceived adequacy of entry-level education and their current confidence levels with respect to temporomandibular disorders: A pilot study

Inae C. Gadotti PT, PhD, Alixandra Lakow DPT, Jocelyn Cheung DPT and Michael Tang DPT
Department of Physical Therapy, Florida International University, Miami, FL, USA

ABSTRACT

Objective: Physical therapy (PT) has been shown to be one of the most effective conservative treatments for temporomandibular disorders (TMD). The objectives of this pilot study are to determine the self-perceived knowledge, adequacy of entry-level education, and the current confidence levels of PTs in Florida regarding TMD treatment.

Methods: An online questionnaire was used. The overall experience, education, and confidence regarding TMD treatment and its implications were discussed.

Results: A total of 247 PTs participated. Nearly 70% of the PTs responded that they did not believe they received adequate education in TMD, and 50% are not confident to treat these patients. Seventy-seven percent were interested in knowing more about PT for TMD.

Discussion: This pilot study shows the lack of confidence of PTs in Florida to treat TMD patients. More adequate training on TMD in the entry-level professional education is needed.

KEYWORDS

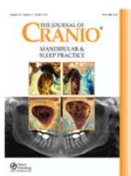
Temporomandibular disorders; physical therapy; dentists; education; aptitude; confidence; interprofessional relations; treatment

69% of PTs felt that they did not receive adequate information/education on TMD during their entry-level PT education

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Gaps in Physical Therapy

- 98.8%: evaluation and/or management of TMD included



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Temporomandibular disorder content in the curricula of physical therapist professional programs in the United States

Janey Prodoehl, Steven Kraus, Gary D. Klasser & Kathy D. Hall

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What makes it innovative?

- There are currently large gaps in promoting evidence-based care in TMD in physical therapy and in dentistry
- This initiative will equip PTs with specific tools to begin building a local community that advances the profession of physical therapy to improve the wellbeing of individuals with TMD, a chronically underserved population
- There are currently no such resources freely available to clinicians

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Entry level

Improved clarity in PT on TMD within the scope of orthopedic practice

Postgraduate

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Gaps in Dentistry

- 41% of the dentists not aware that PTs can treat patients with TMD by, for example, reeducating jaw movements, and restoring masticatory muscles
- 32% of the dentists reported not aware that the cervical spine may be involved with masticatory region pain

Research Article
Dentists' Awareness of Physical Therapy in the Treatment of Temporomandibular Disorders: A Preliminary Study

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Background. Physical therapy (PT) has been shown to be one of the most effective conservative treatments for temporomandibular disorders (TMD). Not all dentists are aware of the importance of the collaboration with physical therapists in the treatment of TMD pain. **Objectives.** To determine the awareness of dentists in Florida about the importance of PT for TMD pain and to create awareness related to collaborations. **Methods.** An online questionnaire was used. A contact list of dentists was obtained from the Florida Dental Association. The overall awareness and information on patient referral were presented per dentist specialty. **Results.** A total of 256 dentists completed the survey. Prior to the survey, 41% of the dentists reported not aware that PTs can treat TMD patients. Oral surgeons and orthodontists were more aware about PT compared to other specialties. After the survey, 81% of the dentists were more likely to refer their TMD patients to PT, and 80% were interested to know more about the benefits of collaborations. **Conclusion.** This study shows the lack of dentists' awareness in Florida about the benefits of PT for TMD treatment. This study increased the awareness of the surveyed dentists in Florida about the benefit from a multidisciplinary approach.

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Unique Attributes of the Innovation

- TMD has often been seen as a unique, niche practice area, but as the evidence for effective diagnosis and management in PT has grown, and the understanding of the need to manage TMD within a biopsychosocial model of care has emerged, its time to rethink this
- This practice innovation seeks to consolidate TMD as a condition well within scope of practice for orthopedic PTs and improve understanding of the role of PT in TMD among general dentists
- It will provide free resources to orthopedic clinicians re TMD with specific tools to engage dental colleagues



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Impact on the Profession

- Change the professional PT narrative that care of individuals with TMD must be a highly specialty area of practice within orthopedic PT to help address the large national care gap that exists for this population
- Increase awareness of general dentists that PT has an evidence supported role in TMD management to improve PT referral and interdisciplinary collaboration




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Outcomes of the Practice Innovation

Increased knowledge among general dentists regarding the role of PT in the diagnosis and treatment of TMD

Increased number of referrals from dentists for TMD to physical therapy

- Measurement:
 - Number of attendees, views, downloads and shares
 - Survey pre initiative and 2 years post to both general dentists and orthopedic PTs to provide qualitative data supporting change

Ultimate outcome: Improved access to PT for individuals with TMD 

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Cost of Innovation

Staff: Content developers, graphic designers, webinar facilitators

Partnerships: Collaboration with TMD experts, dental societies and professional organizations, and educational institutions

Technology: Online platform for distribution and housing of materials

How to Find a PT for Your Patients With TMD/Orofacial Pain

Conservative management, including physical therapy (PT), is the recommended first line approach for Temporomandibular Disorders (TMD). Access to quality care can be challenging, and finding qualified and evidence-informed providers is important for both dentists and individuals with TMD.

PTs are licensed healthcare providers with doctoral training who screen, evaluate, and treat patients with movement problems across the lifespan.

PTs also work with individuals with non-TMD orofacial pain conditions including headache, neuropathic pain conditions, tinnitus, vertigo, vestibular dysfunction, and concussion.

Certified Cervical and Temporomandibular Therapists (CCTT) have advanced training in orofacial pain and headache.

Otherwise, find a local PT willing to pursue advanced training to work together to meet the needs of your patient population. The credential "OCS" (Orthopedic Clinical Specialist) can be a good place to start.

Scan this QR code to learn more!

<https://ptbect.org/>

The Physical Therapy Board of Craniofacial & Cervical Therapeutics

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Content

- Recorded webinar on evidence-based diagnoses and screening in TMD for PTs and how to engage dental colleagues
- Social media postings and mailing materials for PTs to use regarding the evidence supported role of PT in TMD
- PowerPoint slide presentation to share with general dentists to build referral base for PT for TMD (including dizziness, neck pain, headache etc.)
- Referral slip examples and marketing strategies for orthopedic PTs to engage dentists in their local communities



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Training Required for Utilizing the Innovation

Distribution: Provide access to the toolkit through online platforms, professional associations, and physical therapy educational institutions.

Training Sessions: Offer webinar and training sessions at CSM to familiarize PTs with the toolkit and its application in clinical practice.



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Justify AOPT funding this Innovation

TMD falls squarely within orthopedic PT practice

AOPT has already recognized the need to promote PT for TMD at the national level (NASEM TMD Forum) but has no defined plan to address care issues

The initiative is consistent with APTA's ChoosePT campaign to emphasize PT in the management of painful conditions and create health care pathways that include musculoskeletal pain management through PT

