

# Flex Therapist CEUs

## Temporomandibular Joint Disorders - Diagnostics and Treatment Considerations

**1. What is the first goal of treatment in patients with muscle related TMD?**

- A. Adequate Joint Mobility
  - B. Muscle Relaxation/Reducing Tension
  - C. Strengthening
  - D. Achieving no Clicking
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**2. Which muscle is not important to test in strength and length for TMD?**

- A. Biceps Brachii
  - B. Suboccipitals
  - C. Anterior Cervical Group
  - D. Trapezius
- 

**3. What is an S shaped mandible depression curve indicative of?**

- A. Poor Control of Muscles of Mastication
  - B. TMJ Restriction
  - C. Mandibular Nerve Compression
  - D. Articular Disc Compression
- 

**4. Which of the following are expected outcomes of TMD treatment?**

- A. Pain Reduction to Minimal
  - B. Reducing Clicking to None
  - C. Minimizing Headaches
  - D. All of the Above
- 

**5. What is the normal range of motion for mandibular depression?**

- A. 8-12 mm
  - B. 30-40 mm
  - C. 40-60 mm
  - D. 50-70 mm
-

**6. Which patient may need a referral to an oral surgeon for TMD?**

- A. Mechanical Locking due to Bone Structure
  - B. Muscle Related TMD
  - C. Articular Disc Displacement
  - D. All of the Above
- 

**7. What exercise is most helpful to improve forward head posture?**

- A. Cervical Rotation
  - B. Cervical Extension
  - C. Chin Tucks
  - D. Self Massage
- 

**8. Which group is least likely to seek treatment for TMD?**

- A. Adolescent
  - B. 70 Year Old Female
  - C. 40 Year Old Male
  - D. 20 Year Old Female
- 

**9. The sphenomandibular ligament prevents which direction of excess movement of the mandible?**

- A. Anterior
  - B. Posterior
  - C. Lateral
  - D. Medial
- 

**10. Which of the following is not a strategy to reduce bruxism?**

- A. Stress Management
  - B. Strength Training
  - C. Mouth Guard
  - D. Self Massage
- 

**11. Which exercise may be prescribed for a patient with weakness in mandibular depression?**

- A. Resisted Mouth Opening
  - B. Goldfish Exercise
  - C. Resisted Mouth Closing
  - D. Lateral Deviation
-

**12. Which symptom is most necessary to seek physical therapy services related to TMD?**

- A. Pain
  - B. Headache
  - C. Locking
  - D. All of the Above
- 

**13. Which nerve root is responsible for cervical lateral flexion?**

- A. C1
  - B. C2
  - C. C3
  - D. C4
- 

**14. What should treatment focus on initially for a patient with joint related TMD with open locking?**

- A. Joint Mobility
  - B. Strength
  - C. Headache Management
  - D. Dry Needling
- 

**15. What treatment should be given on the evaluation visit for a patient with TMD and headaches?**

- A. Education and Stress Management
  - B. TMJ Manipulation
  - C. Strength Training
  - D. Instructions to Apply Ice
- 

**16. Which muscle attaches from the mandibular condyle and disc to the sphenoid bone?**

- A. Temporalis
  - B. Lateral Pterygoid
  - C. Medial Pterygoid
  - D. Masseter
- 

**17. Which muscle may be affected in a patient with TMD who has severe pain with posterior and lateral condyle movement?**

- A. Masseter
  - B. Medial Pterygoid
  - C. Lateral Pterygoid
  - D. Temporalis
-

**18. Which patient with the following conditions may benefit from trigger point dry needling the most?**

- A. Joint Related TMD
  - B. Muscle Related TMD
  - C. Disc Related TMD
  - D. None of the Above
- 

**19. Which differential diagnosis is characterized by skin color changes and disproportionate pain responses in the face?**

- A. Bell's Palsy
  - B. Trigeminal Neuralgia
  - C. Cluster Headaches
  - D. CRPS
- 

**20. What may a C curve be indicative of in patients with TMD?**

- A. Hypomobility of the TMJ ipsilaterally to the deviation
  - B. Hypomobility of the TMJ opposite to the deviation
  - C. Deviation of the mandible bilaterally
  - D. Restrictions of the mandible when depressed passively
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