

# Advanced Seminar on the “Frymann Approach” to TMJD & Interaction with Dentistry and Orthodontics



## Course Director

Raymond J. Hruby, DO, MS, FAAO (Dist)

**Date:** March 12, 2021

**Time:** 10:00 AM to 2:00 PM PST

**CME:** 4 Hrs AOA Category 1-A CME Anticipated

**Cost:** \$240

## Faculty (in chronological order)

Raymond J. Hruby, DO, MS, FAAO

David Marcus, DDS

Julie Mai, DO

## CME Sponsor

Osteopathy's Promise to Children

## Registration and Activity Website

<https://promise.ce21.com/>

## Course Description

The activity will address osteopathic clinicians', as well as other practicing clinicians', needs to improve knowledge, competence and/or performance for the treatment of temporomandibular joint dysfunction (TMJD) by leveraging the principles of osteopathic medicine. TMJD is a frequently encountered condition in clinical practice, and is often a complex, multi-faceted problem. Effective treatment varies for patients, requiring careful and detailed evaluation and individually tailored treatment plans. This on-demand webcast will offer participants the opportunity to learn how osteopathic principles and practice apply to the diagnosis and treatment of TMJD, how the osteopathic physician can collaborate with dentists and orthodontists for optimum treatment of this condition, and will meet the needs of interested physicians who want to increase their knowledge in this area of medical practice, including assessment of existing and emerging therapies, as they develop customized treatment plans via interactive case scenarios. Participants will have an understanding of contributable causes of TMJD, and various approaches to addressing and treating TMJD in collaboration with dentists.

## Learning Objectives

By the completion of the course, the participant will be able to:

1. Describe the pertinent anatomy involved with TMJD.
2. Describe the research substantiating the application of evidence-based OMT for: temporomandibular joint dysfunction (TMJD).
3. Assess the applicability of OMT procedures for TMJD to their clinical practice and integrate them in the care of their patients.
4. Describe how osteopathic physicians and dentists can collaborate to optimize patient outcomes for TMJD.

## Prerequisites

Registrants must have had at least one previous course in osteopathic manipulative medicine.

## Target Audience

This activity is open for all osteopathic and medical physicians (DO/MD), Dentist (DDS/DMD), Medical Student (DO/MD), and International Osteopaths.

## Accreditation Statement/Credit Designation

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the American Osteopathic Association (AOA). This education program is designed to provide CME for osteopathic physicians and other health care professionals who practice OMM/OMT.

Osteopathy's Promise to Children (OPC) is accredited by the American Osteopathic Association to provide osteopathic continuing medical education for physicians.

Osteopathy's Promise to Children (OPC) designates this activity for a maximum of 4 AOA Category 1-A credits and will report CME and specialty credits commensurate with the extent of the physician's participation in this activity.

## Instructional Format

Internet (live) or internet (on-demand) meeting with slides and audio.

## Instructional Method of Participation

To participate in the activity, physicians will be required to take the following steps:

1. Read the learning objectives and faculty disclosures.
2. Complete Pre-Activity Survey.
3. Participate in the activity.
4. Attest to the satisfactory participation in the activity. OPC verifies attestation against Internet (Live) or Internet (On-Demand) **percent viewed**.
5. Complete Post-Activity Test. A grade of 75% or above is required to pass the Quiz. Once you successfully obtain this score you can access your certificate. Attempts allowed: 3. Grading method: Highest grade.
6. Complete the Post-Activity Survey and Evaluation. You will receive credit on successfully

passing the Post-Activity Test and Post-Activity Survey and Evaluation.

7. Certificate can be accessed in your account via the online portal after ALL these steps are complete.

#### Evidence-based Resources

Hruby RJ. *Temporomandibular Joint Dysfunction*. In: Seffinger MA, Hruby RJ. Evidence-Based Manual Medicine. Philadelphia: Saunders Elsevier, 2007:207-220.

Frymann, VM. *Cranial osteopathy and its role in disorders of the temporomandibular joint*. In: The Collected Papers of Viola M. Frymann, DO, Legacy of Osteopathy to Children. Indianapolis: American Academy of Osteopathy, 1998:174-181.

Frymann, VM. *Why does the orthodontist need osteopathy in the cranial field?* In: The Collected Papers of Viola M. Frymann, DO, , Legacy of Osteopathy to Children. Indianapolis: American Academy of Osteopathy, 1998:182-183.

Frymann, VM. *Osteopathy for dentists: basic concepts*. In: The Collected Papers of Viola M. Frymann, DO, Volume 2: Legacy to Osteopathy. San Diego: Osteopathy's Promise to Children, 2021:304-310.

Frymann, VM. *Osteopathy for dentists: history and application*. In: The Collected Papers of Viola M. Frymann, DO, Volume 2: Legacy to Osteopathy. San Diego: Osteopathy's Promise to Children, 2021:311-315

Frymann, VM. *Objectives of treatment*. In: The Collected Papers of Viola M. Frymann, DO, Volume 2: Legacy to Osteopathy. San Diego: Osteopathy's Promise to Children, 2021:316-321.

Frymann, VM. *Temporomandibular joint*. In: The Collected Papers of Viola M. Frymann, DO, Volume 2: Legacy to Osteopathy. San Diego: Osteopathy's Promise to Children, 2021:322-332.

Frymann, VM. *Primary respiratory mechanism*. In: The Collected Papers of Viola M. Frymann, DO, Volume 2: Legacy to Osteopathy. San Diego: Osteopathy's Promise to Children, 2021:333-336.

Schiffmann E, Ohrbach R, Truelove E, et al. Diagnostic Criteria for Temporomandibular Disorders (DC/TMD) for Clinical and Research

Applications: recommendations of the International RDC/TMD Consortium Network and Orofacial Pain Special Interest Group. *J Oral Facial Pain Headache*. 2014;28(1):6-27. doi:10.11607/jop.1151

#### Agenda/Schedule

##### March 12, 2021

**Raymond J. Hruby, DO, MS, FAAO (Dist)**

10:00 AM: Course Introduction and Background

10:15 AM: Lecture: Temporomandibular Joint Dysfunction (TMJD): Osteopathic Concepts

**Faculty Panel: Drs. Hruby, Marcus, Mai**

11:10 AM: Q&A and Discussion

**David Marcus, DDS**

**Raymond J. Hruby, DO, MS, FAAO (Dist)**

11:15 AM: Lecture: The Temporal bones, Sacrum and Occiput: Their Interrelationships and Impact on Dental Issues

**Faculty Panel: Drs. Hruby, Marcus, Mai**

12:15 PM: Q&A and Discussion

**Julie Mai, DO**

12:30 PM: Lecture: Bridging Osteopathy with Dentistry as a Team

**Faculty Panel: Drs. Hruby, Marcus, Mai**

1:30 PM: Q&A and Discussion

**Raymond J. Hruby, DO, MS, FAAO (Dist)**

1:55 PM: Closing Comments

2:00 PM: Adjourn

#### OPC Faculty Disclosure Declaration

Osteopathy's Promise to Children has implemented a policy to comply with the AOA and ACCME standards for Commercial Support requiring resolution of all conflicts of interest. Faculty declaring a relevant commercial interest must be identified in the activity syllabus and/or program.

In accordance with disclosure policies of AOA and the ACCME, every effort has been made to ensure all CME activities are balanced, independent, objective, and scientifically rigorous. These policies include complying with ACCME's Standards for

Commercial Support and resolving all possible conflicts of interest for the Planning committees, Authors, Faculty and staff.

The following faculty, presenters and planning committee members have indicated that they have no relationship that could be perceived as a potential conflict of interest:

Name of Faculty or Presenter	Role(s)	Reported Financial Relationship
Raymond J. Hruby, DO, MS, FAAO	Course Director and Planning Committee	Dr. Hruby is a CME Consultant and Publications Editor to OPC.
Julie Mai, DO	Faculty, Content	Dr. Mai is a CME consultant to OPC.
David Marcus, DDS	Faculty, Content	No relationship to report.

The following faculty member has indicated that they have a relationship that could be perceived as a potential conflict of interest:

Name of Faculty or Presenter	Role(s)	Reported Financial Relationship
There are no recorded conflicts of interest.		

#### Course Cancellation & Refund Policy

By applying for this course, the applicant ("Applicant") agrees that the application fee is non-refundable and represents the administrative cost of determining the Applicant's eligibility ("Application Fee"). The application shall require the payment of the Application Fee and the registration fee for the cost of attending the course ("Registration Fee"). In the event an Applicant is denied admission to a specific course, the

Registration Fee shall be refunded. An accepted Applicant shall be registered for the course and the registration fee payment shall be credited against the Registration Fee for the specific course. If after registration the Applicant desires to cancel his or her registration for the course, the Applicant must notify Osteopathy's Promise to Children ("OPC") of their CANCELLATION in writing, ("Notice of Cancellation"), at least fourteen (14) days prior to the initial start date for the course. If the Applicant timely and properly provides OPC with a Notice of Cancellation, OPC will issue a refund of the Registration Fee to the Applicant. If OPC receives a Notice of Cancellation less than fourteen (14) days prior to the initial start date for the course, or an Applicant fails to attend the course, OPC will not issue a refund of the Registration Fee. In the event an Applicant attends the course but feels that the course did not provide the material or training advertised, an Applicant may request a refund of the Registration Fee. All such requests shall state the course name, date and times of Applicant's attendance and the specific reasons for the requested refund. The Applicant's inability to attend a portion of the course shall not constitute a valid reason for a refund. All refund decisions shall be made by the Executive Director whose decision shall be final.

#### Liability Release

This program may involve physical activity, including contact by and with faculty and other course participants. This physical activity, including but not limited to physical diagnostics and manual therapeutics, could possibly entail risk for course participants of new injury or aggravation of pre-existing conditions. All course participants acknowledge and agree to assume all responsibility and risk for all losses and damages, including but not limited to any bodily injury, death, and property damage, arising out of or incident to (i) attending the course, (ii) participating in the course, (iii) using equipment or facilities during the course, and (iv) using or misusing any knowledge or information obtained or derived from the course. All course participants acknowledge and agree to indemnify,

defend, and hold harmless OPC, OPC's officers, directors, employees, agents, affiliates, licensors, partners, independent contractors, suppliers and subcontractors from and against all claims, actions, suits, proceedings, losses, obligations, damages including but not limited to any bodily injury, death, and property damage, liabilities, costs, debt and expenses, whether known or unknown, anticipated or unanticipated, arising out of or incident to (i) attending the course, (ii) participating in the course, (iii) using the equipment or facilities during the course, or (iv) using or misusing any knowledge or information obtained or derived from the course at or outside of the course location. OPC reserves the right, at course participant's expense, to assume the exclusive defense and control of any matter for which course participant is required to indemnify OPC and course participant agrees to cooperate with OPC's defense of these claims. Course participant agrees not to settle any matter without the prior written consent of OPC. OPC will use reasonable efforts to notify course participants of any such claim, action, suit, or proceeding upon becoming aware of it. It is the responsibility of all participants to use the information provided within the scope of their professional license or practice.

#### Statement of Professional Ethics & Standards

Osteopathy's Promise to Children CME courses will foster an educational atmosphere of tolerance and mutual respect concerning gender, race, developmental challenges, sexual orientation, and professional background. Furthermore, these courses will adhere to the highest standards of osteopathic medicine's professional ethics especially in regard to patient, student, and physician faculty communication and interactions. This includes clear informed consent when participating in educational exercises, and only utilizing osteopathic techniques and practices designed to educate practitioners and/or compassionately and appropriately address patient suffering through osteopathic diagnosis, and treatment. Any deviation of these professional standards by physician faculty, staff, or student during a given course will not be tolerated.

#### Course Director



Raymond J. Hruby, DO, MS, FAAO (Dist)

Dr. Raymond J. Hruby, DO, MS, FAAO (Dist) will speak on Temporomandibular Joint Dysfunction (TMJD): Osteopathic Concepts. Dr. Hruby is a graduate of the College of Osteopathic Medicine and Surgery in Des Moines, Iowa. He is board certified in Family Medicine/OMT by the American Board of Osteopathic Family Practice and Osteopathic Manipulative Medicine by the American Osteopathic Board on Special Proficiency in Osteopathic Manipulative Medicine. Dr. Hruby completed a traditional internship at Osteopathic Hospital of Maine, Portland, ME and was in private practice for sixteen years. Retired as professor and chair of the Department of Osteopathic Manipulative Medicine at COMP, he continues consulting with the school's Department of NMM/OMM on teaching, research, curriculum analysis and development, new faculty mentorships and Predoctoral OMM Fellows. He is involved with WUHS's Interprofessional Education program, and lectures part-time in the Graduate School of Basic Medical Sciences, among others. He is a fellow of the American Academy of Osteopathy and a



member of the American Osteopathic Association, American Academy of Osteopathy, American College of Osteopathic Family Practitioners, Osteopathic Cranial Academy, Osteopathic Physicians and Surgeons of California, Memberships: AOA, AAO, ACOFP, OCA, OCSC. Cranial proficiency (OCA).

### Faculty



David Marcus, DDS

Dr. David Marcus, DDS, will speak on “The Temporal bones, Sacrum and Occiput: Their Interrelationships and Impact on Dental Issues”. Dr. Marcus graduated with distinction from Loyola University College of Dental Surgery. He was in private practice in Chicago, IL, and recently retired.

Dr. Marcus met Dr. Frymann in New York in 1979 and completed her 5-day basic cranial course there. He subsequently participated in her 3-day advanced course, as well as her 5-day course again in 1981 and 1982. The cranial concept and practice became a major part of his dental practice, enhancing and expanding his ability to more completely treat patients. In 1983, Dr. Frymann invited Dr. Marcus to assist as a table trainer in her basic cranial course; they collaborated in this way for the next 29 years until Dr. Frymann retired. Though retired from active clinical dentistry in 2020,

Dr. Marcus continues to practice the dental application of cranial procedures to resolve the many complex dental and other undiagnosed pain and discomfort issues referred to his dental office. Marcus Dental Practice, located in the heart of Chicago's Loop, has been providing exceptional patient care for over 55 years. He focuses on acquiring skills in the treatment of Temporomandibular Joint Problems (jaw pain) and Myofascial Pain Dysfunction (head and neck pain).



Julie Mai, DO

Dr. Julie Mai DO will speak on “Bridging Osteopathy with Dentistry as a Team”. She is a graduate of the University of California, San Diego, CA and Touro University College of Osteopathic Medicine, Vallejo, CA. Dr. Mai completed a traditional internship at Chino Valley Hospital in Chino, CA. She currently practices at her two private osteopathic practices in Encinitas, CA and Costa Mesa, CA. She serves on the Board of Directors for Osteopathy's Promise to Children and Osteopathic Cranial Academy. She is a member of the American Osteopathic Association, American Academy of Osteopathy, Osteopathic Cranial Academy, American Academy of Pediatric Osteopathy. Memberships and Proficiencies: AOA, AAO, OCA, AAPO. Cranial proficiency (OCA).

### Disclaimer

The information in this educational activity is for general medical education purposes only and is not meant to substitute for the independent medical judgment of a physician relative to diagnostic and treatment options of a specific patient's medical condition. The viewpoints expressed in this CME activity are those of the authors/ faculty. They do not represent an endorsement by OPC. In no event will OPC be liable for any decision made or action taken in reliance upon the information provided through this CME activity.

### Commercial Support Statement

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For questions regarding CME's, please contact: CME Administrator at [cme@the-promise.org](mailto:cme@the-promise.org).



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