

Temporomandibular Joint Dysfunction and Sleep-Disturbed Breathing

Lifelong training



Registration



Online
learning



From 01/04/2026
to 29/05/2026



100 school hours



PDF
Course



Registration
information



1000€



Sorry this content is only available in Spanish. Translation coming soon

PRESENTATION

This course will allow dentists to increase their knowledge about temporomandibular joint dysfunctions and sleep-disturbed breathing. Through this course, students will get familiar with the principles of dental sleep medicine and temporomandibular joint disorders, and the importance of interdisciplinary approaches to achieve optimal results, focusing on minimally invasive dentistry, treatment options for pain and maximisation of general health as basic premises. So, through an approach of functional diagnosis of head, neck, airways and sleep analysis, through dental parameters, students will be able to elaborate interdisciplinary treatments and plans to solve these kind of cases.

GENERAL DATA

Duration: 100 hours (15 ECTS credits)

Modality: Online

Date and time: The Schedule will be informed by the course director after registration.

This course will take place in AUSTRALIA

Contact phone:

Spain +964 38 72 12

Australia: +612 9223 6622

Title / Diploma obtained: Continuous training by the Universitat Jaume I

RECIPIENTS

All the students will have to be a qualified, registered dentist in their respective states/countries.

OBJECTIVES

- Through this program, the student will get familiar with the principles of dental sleep medicine and temporomandibular disorders. We concentrate on the importance of interdisciplinary approach in achieving optimal results, focusing on minimally invasive dentistry as a basic premise.
- Treatment of pain and maximising general health is a focus.
- Through an adequate functional diagnosis of the head and neck, airways, and sleep analysis through dental parameters, the student will be able to elaborate an interdisciplinary treatment, to plan and to solve these kinds of cases.

PROGRAM

- Temporomandibular joint, muscles of mastication, tonsils, adenoid, and airway
- Temporomandibular joint dysfunction
- Pain theory
- Orofacial pain disorders
- Diagnosis of orofacial pain
- Aetiological theories of TMJ pain dysfunction syndromes
- Classification of temporomandibular disorders
- Classification of orofacial pains
- Case work-up for temporomandibular joint disorders
- Multidisciplinary approach to orofacial pain
- Imaging of the temporomandibular joints
- Abnormalities of the temporomandibular joint
- Occlusal analysis and muscle palpation
- Restriction in mouth opening
- Evaluation and aetiology of joint sounds
- Nociception, pain, and pain behaviour
- Pathophysiology of pain
- Homotropic (primary) and heterotropic/referred (secondary) pain
- Trigeminal neuritis
- Migraine and headaches
- Movement of the temporomandibular joint
- Temporomandibular joint pathology
- Relationship between occlusion, malocclusion, and TMJ
- Bruxism
- Muscle pathology
- Examination and treatment of head & neck pain
- Trigger points
- Modalities of treating head & neck pain
- Autologous blood concentrates
- Discussion of different bites and occlusal patterns in the scheme of reducing pain and maximising function: Phonetic bite in detail
- Pharmaceutical alternatives for treating pain
- Sleep
- Functions of sleep
- Sleep cycles, sleep architecture
- REM and non-REM sleep
- Interactions between pain and sleep
- Sleep-disordered breathing
- Consequences of non-restorative sleep
- Sleep disorders, parasomnias, diasomnias
- Sleep bruxism
- Exogenous influences on sleep
- Relationship between GORD and bruxism
- Obstructive sleep apnoea and central sleep apnoea
- ADHD and sleep apnoea
- Airway orthodontics and sleep apnoea
- Sleep apnoea in children
- Treatment modalities and devices for sleep apnoea
- Combination therapy for sleep
- "Sleep hygiene", lifestyle factors
- Relationship of malocclusion, TMD, orthodontics, and sleep medicine: explored and discussed

- Appliance therapy for different manifestations of TMD and sleep disorders
- Orthodontic diagnosis
- Removable appliances vs. fixed appliances
- TMJ, Muscles of mastication, Tonsils, Adenoid and Airway
- Diagnosis and treatment planning Cephalometric and software applications
- Functional appliances and their clinical applications
- Extraction vs. Non-extractions

METHODOLOGY

The course will be carried out mainly through theoretical classes. Candidates can opt for hands on sessions with the faculty if desired. Submission of 5 cases with complete documentation is required for receiving the Diploma

EVALUATION

Theoretical classes will be evaluated by taking an online exam after each module. Also, each student will have to submit 5 cases with complete documentation, with a heavy emphasis on complete record-taking, correct diagnostics and treatment planning. Final qualification will be 70% of modules' exams plus 30% assessment of the cases.

TEACHING STAFF

Dr. Raúl Izquierdo Escrig

PhD in Chemical Engineering from UJI (2007), awarded the Extraordinary Doctorate Prize (2009), and Associate Professor since 2003.

Lecturer in Bachelor's degrees in Industrial Technologies, Electrical, Mechanical, Chemical, and Industrial Design Engineering, and in Master's programs in Industrial Engineering and Design & Manufacturing.

Researcher in the PIMA group, founder of the spin-off Mediciones y Corrosión, S.L., with contributions to the UNE-EN ISO 17643 standard.

Degree Director of Industrial Design Engineering (2011–2020), Mobility Coordinator (2011–2016), and member of various academic committees since 2005.

Dr. Kenneth Lee - Course Director - Senior Faculty



Dr Kenneth Lee received his Bachelor of Dental Surgery from the University of Sydney.

He is a practicing dentist, principal of Today's Dental for over 30 years and runs a multi-location group practice in Sydney, Australia. His personal practice is limited to TMD, sleep Medicine and Implant Dentistry. He regularly lectures and teaches nationally and internationally. He is foundation faculty for the International Academy of Advanced Dentistry in Sydney, Australia, which runs over 30 weekends per year around Australia.

Dr. Jae Yong Choi - Faculty



Dr Jae Yong Choi, BSc, FICOI, FIAO

Dr Choi has completed BSc from The University of Queensland in Brisbane, Australia.

He is a faculty and instructor at the International Academy of Advanced Dentistry (IAADent). He is also in charge of Queensland IAADent Study Club for Orthodontics. He is also a Fellow of ICOI (USA) and IAO (USA), and advisor to the IAO education committee.

Dr Choi has a special interest in Airway focused Orthodontics, TMD, Pain Management and Implantology. He has instructed many live implant surgeries in Australia and overseas.

Dr. Jonathan Low - Senior Faculty



Dr Jonathan Low, BDS, FICOI, FIAO

Dr Jonathan Low obtained his Bachelor of Dental Surgery with honours at the University of Sydney. He has been a full-time practicing dentist at Today's Dental for 15 years. He is a fellow of the International Congress of Oral Implantologists (ICOI), and a fellow of the International Association for Orthodontics (IAO), for which he is also a certified senior instructor. He is a faculty member of the International Academy of Advanced Dentistry, and is a senior lecturer for dental implants and orthodontics.

Dr. Marianne Pinto - Senior Faculty

Marianne Pinto, BDS (Bombay), MDS (Bombay), FICOI, FIAO

She is a full-time practicing dentist from Perth, Western Australia, and has been practicing for over 30 years with a special interest in orthodontics and implantology. She has a fellowship with the International Congress of Oral Implantologists, and fellowship with the International Association for Orthodontics. She is a certified senior instructor and full committee member of the education committee for the IAO, and a faculty member of the International Academy of Advanced Dentistry (IAADent). She runs the IAADent study club for Western Australia.

Dr. Robert Lin - Faculty



Dr Robert Lin, BDS, FIAO

Dr Robert Lin obtained a Bachelor of Dental Science degree from the University of Queensland. Robert's focus is in orthodontics and creating healthy patients. He is a member of the Australian Dental Association, Australasian Academy of Dental Sleep Medicine, American Academy of Craniofacial Pain and International Association for Orthodontics, of which he is a fellow and advisor to the education committee. Dr Lin is a faculty member of the International Academy of Advanced Dentistry and runs the Brisbane study club.

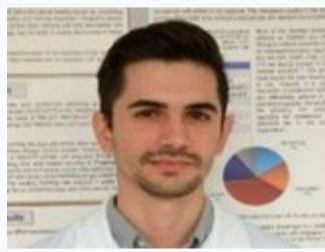
Dr. Theresa Lee - Senior Faculty



Dr Theresa Lee, BDS, MSc (Sleep Medicine)

Dr Theresa Lee graduated with a BDS with Honours from the University of Sydney. She has been a full-time practicing dentist for over 30 years in Today's Dental, a multi-clinic group practice. She is a faculty member of the International Academy of Advanced Dentistry (IAADent), and has a Masters in Sleep Medicine.

D. Francisco Romero - Faculty



Chemical Engineer, MsC. of Science Technology and Applications of Ceramic Materials, Universitat Jaume I. Started as a researcher through a fellow collaboration of the Ministry of Education and Science of Spain, followed by various research grants in the Department of Engineering in Industrial Systems and Design, working in the same university, where he acquired experience in the development of biomaterials and respective characterization techniques. Research activity focused on the surface modification of dental implant through osteoinductive coatings and the development of new methodologies for biomaterial designing, based on the study of implant-tissue interactions using proteomics.

REGISTRATION INFORMATION

REGISTRATION AMOUNT

1000 €

900€ SAUJI Premium students

NECESSARY DOCUMENTATION

- Scanned pages of 1st and last pages of Passprt.
- Scanned copy of Dental Degree Certificate
- Payment receipt

Account number to make the deposit : (name, surname and course) ES64 2100-4236-14-2200003795 (La Caixa)

How and where do you have to deliver the documentation?

1. In person at the FUE-UJI in Castellón (Universitat Jaume I)
2. Via email at formacion@fue.uji.es

More information

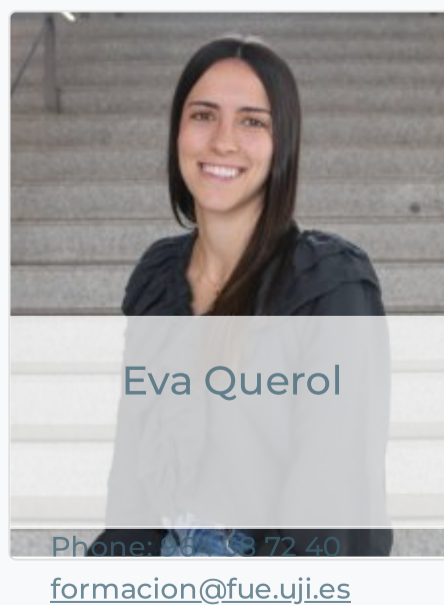
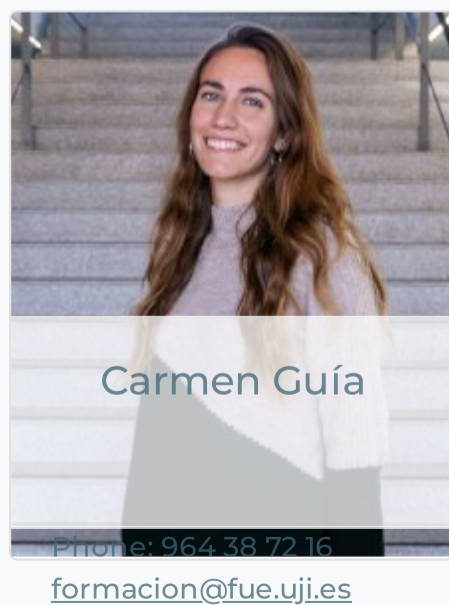
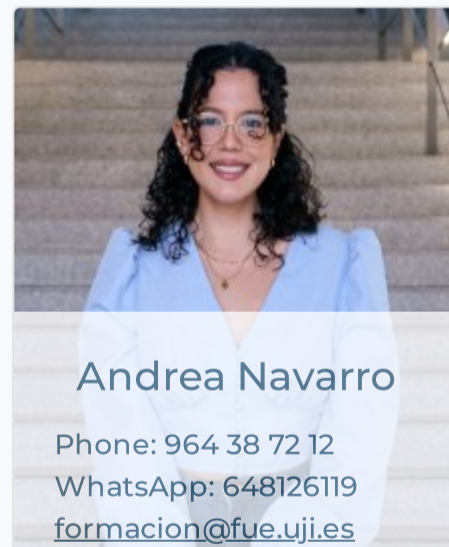
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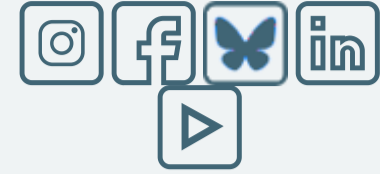




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