

Mr. Ryan Lynch

Session Date: Friday, September 26, 2025

Session Time: 2:00 – 3:00 PM

Presentation: *“Treating TMD & Orofacial Pain with Physical Therapy”*

Synopsis: This interactive lecture provides a basic understanding of temporomandibular disorders and craniofacial pain. Both the anatomy and biomechanics of the normal and dysfunctional temporomandibular joints are reviewed. The differentiation between myofascial related pain and internal derangements is highlighted, with emphasis on the interrelationship between the cervical spine and the TMJ. Participants will gain insight into the in-depth physical therapy evaluation of orofacial pain patients, including cervical and upper quarter screens. Physical therapy treatment is discussed, noting postural education, cessation of parafunction, modalities, manual therapy, and dry needling. Contemporary research is noted throughout the lecture to support the utilization of skilled physical therapy to successfully treat this complex patient population.



Objectives:

- Review basic TMJ anatomy, biomechanics, and pathomechanics.
- Recognize how postural and cervical dysfunction contribute to TMJ disorders.
- Identify the PT's role within the dental community for the treatment of TMD.
- Evaluate TMJ dysfunction, including the muscles of mastication, and develop a working hypothesis for treatment.

Biography

Ryan is a physical therapist with 23 years of experience, and has specialized in orofacial pain for the past 10 years. He owns Lynch Physical Therapy, with offices in Towson and Severna Park, treating a patient population, which is over 75% orofacial pain. With the distinction of CCTT, he is one of only 75 physical therapists in North America who have qualified to specialize in this unique area. To maintain this specialization, Ryan consistently takes coursework and monitors research in the area of TMD treatment to provide the most contemporary interventions. He is extremely happy to collaborate with dental health professionals and seeks to bring a unique musculoskeletal perspective to TMD treatment.