Manual Therapy for Temporomandibular Dysfunction (TMD) - Appraising the Research Evidence

presented by
The Evidence Workshop, LLC

in collaboration with
the Department of Physical Therapy, Office of Research and Innovation, and
Athletic and Human Performance Research Center
at Marquette University

Saturday, October 12, 2019

Think, learn, and grow professionally.

We all know that clinical decisions should be based on evidence, but it’s difficult to integrate research in frontline care. There is so much to read, and time is always limited. Many of us lack confidence in our research skills, and we don’t know how to apply the evidence to our patients.

An Evidence Retreat carves out time to overcome these hurdles. Clinicians learn and practice real-world skills for bringing evidence into frontline practice.

Save time, develop confidence, and sound as smart as you are.

At the end of the retreat, participants will be able to

- read research literature in a time-efficient manner that maximizes retention and ensures application to clinical practice,
- appraise research evidence in a systematic fashion that balances rigor and practicality,
- summarize literature supporting the use of manual therapy for TMD, and
- communicate knowledge to colleagues, referral sources, and clients.

Relax.

We provide breakfast, snacks, and an evening reception. We offer an extended lunch period to exercise in Marquette’s brand new Athletic and Human Performance Research Center or to visit any number of spaces on campus for quiet reflection.

Activities include 3 hours of formal instruction in evidence appraisal followed by 5 hours of mentored, hands-on practice.

Participants will read and appraise literature independently and in groups. Instructors will serve as “guides on the side” to help learners overcome common obstacles to success. The retreat will culminate with informal presentations by participants that summarize the evidence reviewed and its implications for practice.

All are welcome.

Come alone or bring a friend. We are eager to work with individuals of all skill levels. We cover material in evidence-based decision making that is relevant to all patient populations and practice settings. Article reviews will center on evidence for manual therapy in temporomandibular dysfunction (TMD). Physical therapists, dentists, and others who work with this population may be particularly interested.
## Schedule and Content

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>7:30 AM</td>
<td>Check in and light breakfast</td>
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<tr>
<td>8 - 9 AM</td>
<td>Evidence to Excel (E²E): A Process for Bridging the “Know-To-Do” Gap in Rehab</td>
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<tr>
<td>9 - 10 AM</td>
<td>Why is the Systematic Review on Top? Insights into Evidence Hierarchies</td>
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<td><strong>Break</strong></td>
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<tr>
<td>10:15 – 11:15 AM</td>
<td>Article Appraisal - A Fancy Term for “Is this paper any good?”</td>
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<tr>
<td>11:15 – 12:15 AM</td>
<td>Hunt; Don’t Gather - Strategies for Reading Quickly and Retaining what you Learn</td>
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<tr>
<td>Lunch</td>
<td>Lunch on own with time for quiet reflection or exercise in Marquette’s Athletic and Human Performance Research Center <a href="https://www.marquette.edu/innovation/ahprc-about.php">https://www.marquette.edu/innovation/ahprc-about.php</a></td>
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<td>1:30 – 2:30 PM</td>
<td>Just Read It! – Time to read and appraise articles, with mentorship</td>
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<td>2:30 – 3:30 PM</td>
<td>Let's Talk it Out – Time to discuss and revise appraisals in groups, with mentorship</td>
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<td>3:30 – 4:30 PM</td>
<td>Putting it all Together – Time to prepare appraisals for group presentations, with mentorship</td>
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<td><strong>Break</strong></td>
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<tr>
<td>5 - 6:30 PM</td>
<td>Showcase your Work – Wine and cheese reception, group presentations, Q&amp;A, adjourn</td>
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### CEUs:
8 clock hours of educational content

### Tuition:
$295

Please return registration form with a check for $295 payable to
The Evidence Workshop, LLC.
Mail to
The Evidence Workshop, LLC
4131 N. Ardmore Ave.
Milwaukee, WI 53211

For questions, contact Sheila Schindler-Ivens at sheila.schindler@mu.edu

### About the instructor.

Dr. Sheila Schindler-Ivens is a clinician, educator, and scientist with 15 years of experience teaching evidence-based practice. She earned her BS in physical therapy at Marquette University and her PhD in rehabilitation science at the University of Iowa. She is an Associate Professor with tenure in the Dept. of Physical Therapy at Marquette University and the Vice President of the Foundation for Physical Therapy Research. Sheila established The Evidence Workshop, LLC to bridge the “know-to-do gap” among frontline rehabilitation professionals. She seeks to create an environment where research evidence is fully integrated into clinical decision making so that everyone can experience the best of what rehabilitation can offer.