



**IOPA**

INDIAN OROFACIAL PAIN  
ASSOCIATION

**IOPA 1<sup>ST</sup> ANNUAL CONFERENCE-  
PRECONFERENCE COURSES**



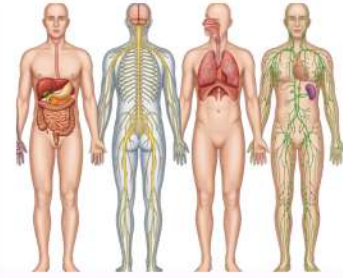
# IOPA 1st ANNUAL CONFERENCE - PRECONFERENCE COURSE 1

*"Uniting Minds, Transforming Care in Orofacial Pain"*

TNDCA Approval  
No: 149/26



## Systemic work up of Patient with TMDs & Orofacial Pain: The Physician of the Stomatognathic system



### Faculty



### Dr. Davis C. Thomas

BDS, DDS, MSD, MSc Med, MSc  
Assoc. Clin. Prof., Rutgers School of  
Dental Medicine, Newark, NJ, USA  
Assistant Clinical Professor,  
Rochester Medical School, NY, USA

### LEARNING OBJECTIVES

- ✓ Identify key systemic conditions (endocrine, autoimmune, neurological, psychological) that influence orofacial pain and TMD
- ✓ Demonstrate a structured work-up of systemic components in OFP cases.
- ✓ Apply case-based reasoning to recognize when systemic factors should be suspected and explored
- ✓ Integrate systemic comorbidity awareness into diagnosis and treatment planning to avoid mismanagement and unnecessary interventions

### PROGRAM HIGHLIGHTS

-  **Comorbidity Focus**  
Over 80% of OFP/TMD patients present with systemic conditions that complicate management
-  **Clinical Pitfalls**  
How failure to recognize systemic factors leads to misdiagnosis and irreversible treatments
-  **Case-Based Learning**  
Practical scenarios to illustrate systemic triggers and management strategies.
-  **Systemic Assessment Pathway**  
A structured, step-by-step approach to evaluating systemic influences on OFP/TMD



**21/08/2026**  
**9.30am - 1pm IST**



REGISTER NOW

For Enquiries;

Dr. S. Karpagavalli: 97911 40522

Dr. Vivek Narayan: 99628 66419

**Course Fees;**

INR 1,500/- (Preconference course registration only)

INR 1,200/- (For Delegates registered for Conference)



**4**  
Points  
CDE

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# IOPA 1st ANNUAL CONFERENCE - PRECONFERENCE COURSE 2

*"Uniting Minds, Transforming Care in Orofacial Pain"*



## **Epidemiology to Evidence based Management of TMD & Chronic Orofacial Pain**

### **WHAT PARTICIPANTS TAKE HOME**

- ✓ Skills in critically appraising scientific literature and applying findings to clinical care
- ✓ Practical understanding of academic writing and publishing with guidance from MDPI
- ✓ Knowledge of supported self-management as first-line treatment for TMD and chronic orofacial pain
- ✓ Hands-on strategies to integrate biopsychosocial approaches into everyday practice



### **Faculty**

## **Dr. Vishal Aggarwal**

BDS, MFDSRCS, MPH, PhD, FCGDent, FFGDP(UK)

Clinical Associate Professor in Acute Dental Care and Chronic Pain, School of Dentistry, University of Leeds

Requirements from Participants: Pre-read the RCS guidance on TMD (link below)

<https://www.rcseng.ac.uk/-/media/FDS/Comprehensive-guideline-Management-of-painful-Temporomandibular-disorder-in-adults.pdf30mins%20on%20evidence%20base>

### **PROGRAM HIGHLIGHTS**

- Evidence & Writing**  
Appraising study design, analysis, and literature  
Academic writing session by MDPI (Dentistry Journal)
- Clinical Application**  
Using RCS TMD guidance (summary evidence table) to appraise evidence
- Management of TMDS**  
Delivering first-line management for TMD and chronic facial pain with a biopsychosocial approach



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# IOPA 1st ANNUAL CONFERENCE - PRECONFERENCE COURSE 3

*"Uniting Minds, Transforming Care in Orofacial Pain"*

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## **Myofascial trigger release for Orofacial Pain Syndrome - A Hands-on Approach: A Physiotherapist's perspective**



**Faculty**




**Dr. K. Ramana**

MPT(Ortho), PhD  
COMT, CDNT

### **LEARNING OBJECTIVES**

- ✓ Pathophysiology of myofascial trigger points associated with orofacial pain syndrome
- ✓ Identification of common muscles involved in orofacial myofascial pain, including masticatory and cervical muscles
- ✓ Differentiate between active and latent myofascial trigger points based on clinical presentation
- ✓ Individualized treatment plans incorporating trigger point therapy for trigger points
- ✓ Role of PT In Ergonomics and preventive strategies

### **PROGRAM HIGHLIGHTS**

-  **Muscle Mapping Skills**  
Identify key masticatory and cervical muscles commonly involved in myofascial pain.
-  **Hands-on Palpation & Release Techniques**  
Competence in locating trigger points accurately and applying safe, effective release methods
-  **Diagnostic Differentiation**  
Confidence in distinguishing active versus latent trigger points through clinical signs and patient presentation



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**2pm - 5.30pm IST**

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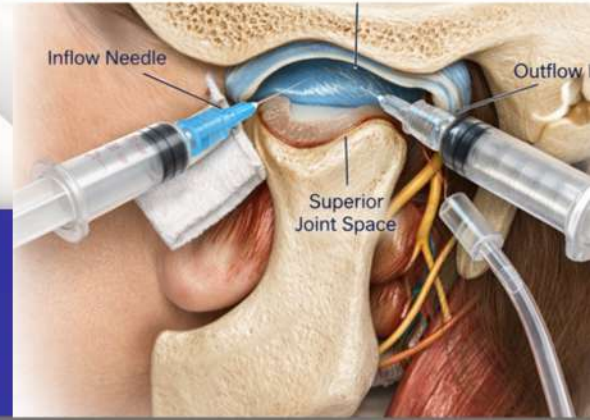
**IOPA 1st ANNUAL CONFERENCE**  
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**PRECONFERENCE COURSE 4**

**TMJ ARTHROCENTESIS**

*From Diagnosis To Hands on Mastery*

*A Skill-Based Course for All Dental Specialties - No Prior Surgical Experience Required*



**Faculty**



**Lt Col (Dr) Sudarshan Bhat**

MDS, Oral & Maxillofacial Surgery  
Diplomate, American Board of Orofacial Pain  
Associate Professor, AFMC Pune

**WHAT PARTICIPANTS TAKE HOME**

- ✓ Hands-on Experience on TMJ simulation models.
- ✓ Step-by-Step Arthrocentesis Protocol Sheet.
- ✓ Certificate of Skill Participation.
- ✓ Expert Tips to Start Arthrocentesis in Your Clinic (setup, consent, billing, and more).
- ✓ Confidence to Treat TMJ Pain with a minimally, invasive approach.

Oral & Maxillofacial Surgeons

Prosthodontists

Orthodontists

General Dentists

Postgraduate Students

**PROGRAM HIGHLIGHTS**

- TMJ Disorders Simplified**  
Understand pain, internal derangement, and when it's truly a TMJ problem.
- Case Selection Made Easy**  
Clear indications, staging, and decision-making for timely intervention
- Step-by-Step Arthrocentesis Technique**  
Anatomy, landmarks, instruments, lavage, medication, and safety - demystified with real cases & videos.
- Live/Video Demonstration**  
Watch the procedure performed with expert commentary
- Hands-on Training**  
Practice needle placement & lavage on models, with faculty guidance.



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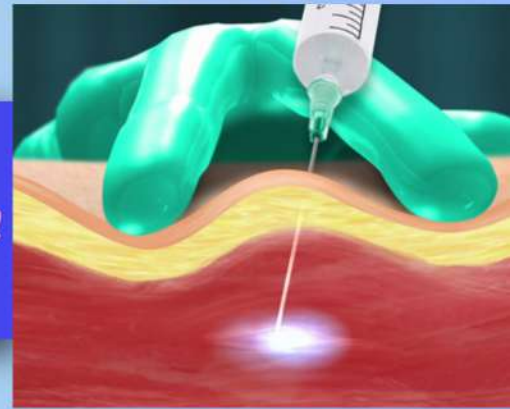


# IOPA 1st ANNUAL CONFERENCE - PRECONFERENCE COURSE 5

*"Uniting Minds, Transforming Care in Orofacial Pain"*

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## Mastering Trigger Point Injections in Myofascial Pain Management



### Faculties



**Dr. Nilesh Deshmukh**

MDS, Oral & Maxillofacial Surgery,  
Implantologist,  
Diplomate, American Board of Orofacial Pain



**Dr. Prisly Thomas**

MDS, Prosthodontics  
Implantologist,  
Diplomate, American Board of Orofacial Pain

### PROGRAM HIGHLIGHTS

- Pathophysiology of Myofascial Pain**  
Comprehensive review of underlying mechanisms and contemporary evidence-based concepts
- Trigger Point Identification and Localization**  
Principles of trigger point theory with structured and reproducible palpation techniques
- Clinical Decision-Making Framework**  
Evidence-based indications, contraindications, and identification of critical clinical red flags
- Demonstration of trigger point Injection Techniques**  
Both free hand and Ultra sound guided technique.  
Stepwise approach to safe and effective trigger point injections in key orofacial musculature

### WHAT PARTICIPANTS TAKE HOME

- ✓ Distinguish myofascial pain from other orofacial pain disorders using clinical criteria
- ✓ Accurately identify active and latent trigger points
- ✓ Apply safe and evidence-based injection protocols
- ✓ Achieve clinically relevant outcomes, and effective pain relief

REGISTER NOW



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Dr. Vivek Narayan: 99628 66419

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# IOPA 1st ANNUAL CONFERENCE - PRECONFERENCE COURSE 6

*"Uniting Minds, Transforming Care in Orofacial Pain"*



## Mastering TMD & Sleep Appliances: From Theory to Chairside Practice



### WHAT PARTICIPANTS TAKE HOME

- ✓ Understand the step-by-step procedures for the TMJ stabilization appliance and Sleep apnea appliance
- ✓ Bite registration using George Gauge
- ✓ Step by step procedures from impression & bite registration to delivery and the digital workflow of the same
- ✓ Achieve clinically relevant outcomes, including elicitation of local twitch response and effective pain relief

### PROGRAM HIGHLIGHTS

- Treatment plan in TMD & Sleep related breathing disorders**  
Understand the indications, contraindications, and fabrication of TMD and sleep appliances
- Clinical Decision-Making Framework**  
Differentiate between various appliance designs and select appropriate options for clinical cases
- Clinical Procedures**  
Clinical steps in appliance delivery, adjustment, and follow-up care
- Integrated care in TMD & Sleep related breathing disorders**  
Integrate appliance therapy into comprehensive management of TMD and sleep-disordered breathing

### Faculties



**Dr. J. Selva Kumar**

MDS, Periodontics  
Fellowship in OFP, TMD &  
Dental Sleep medicine



**Dr. Ahana Ajayakumar**

BDS, Diplomate, American Board  
of Orofacial Pain



**Dr. Vaishnavi Prabhakar**

MDS, Prosthodontics  
Diplomate, American Board of  
Orofacial Pain



**21/08/2026**  
**2 pm - 5.30 pm IST**

For Enquiries;

Dr. S. Karpagavalli: 97911 40522

Dr. Vivek Narayan: 99628 66419

Course Fees;

INR 3,000/- (Preconference course registration only)

INR 2,400/- (For Delegates registered for Conference)