



I O P A
INDIAN OROFACIAL PAIN
ASSOCIATION

IOPA 1ST ANNUAL CONFERENCE- PRECONFERENCE COURSES



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

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>



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

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



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)



IOPA 1st ANNUAL CONFERENCE - PRECONFERENCE COURSE 3

"Uniting Minds, Transforming Care in Orofacial Pain"



TNDC Approval
No:149/26

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



21/08/2026
2pm - 5.30pm IST

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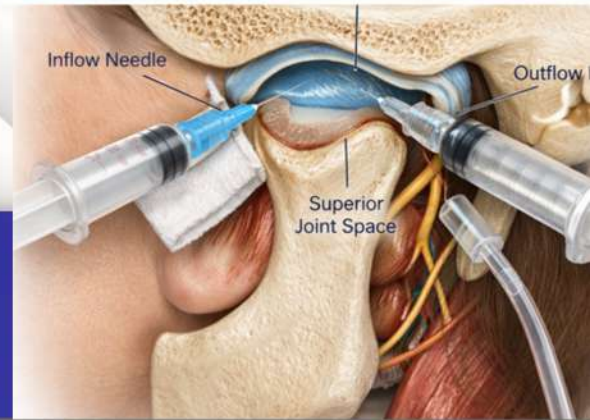
"Uniting Minds, Transforming Care in Orofacial Pain"

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"

TNDC Approval
No: 149/26

Mastering Trigger Point Injections in Myofascial Pain Management

Faculties



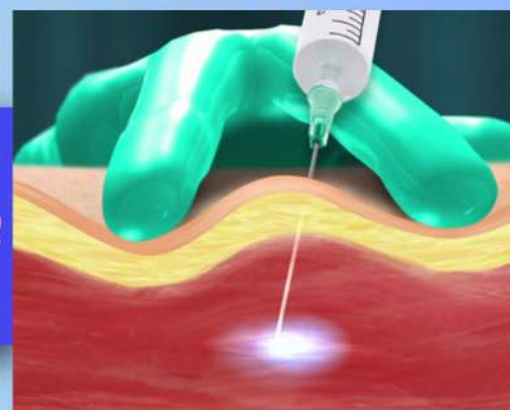
Dr. Nilesh Deshmukh

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



21/08/2026
9.30 am - 1 pm IST

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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"



TNDCA Approval
No: 149/26



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
- ✓ Chair side techniques in appliance fabrication

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)

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