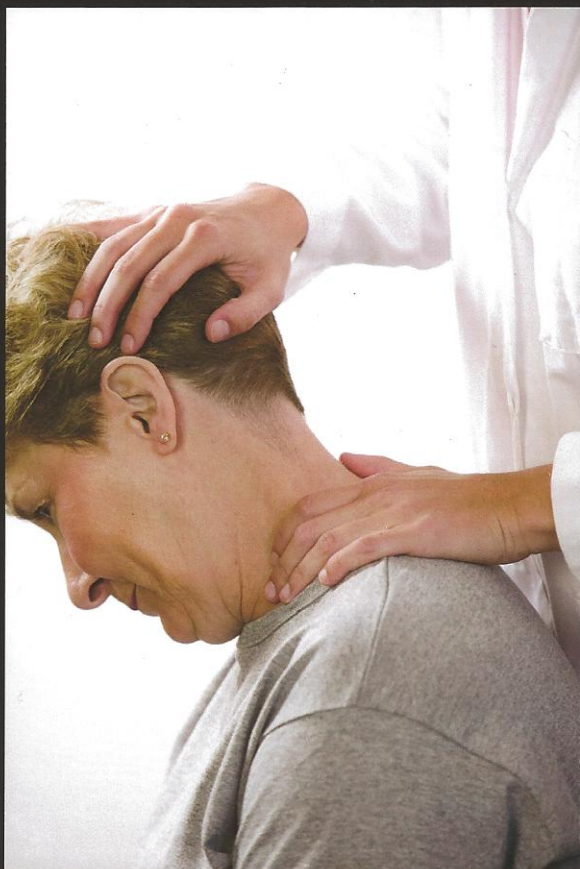


WHY CHOOSE A PHYSICAL THERAPIST CERTIFIED IN CERVICAL AND TEMPOROMANDIBULAR THERAPEUTICS?



Certified Cervical and Temporomandibular Therapist

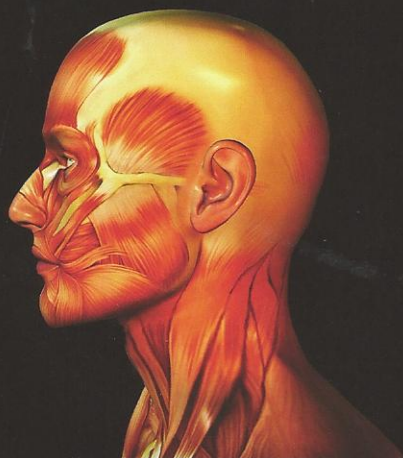
Who We Are:

The Physical Therapy Board of Craniofacial and Cervical Therapeutics (PTBCCT) was established in 1999 by an international group of physical therapists who specialize in the evaluation and treatment of patients with cervical spine disorders (CSD), cervicogenic headaches (CGH), orofacial pain (OFP) and temporomandibular disorders (TMD). Many of our board members have faculty appointments in dental and physical therapy schools as well as clinical, research and textbook publications and are frequently invited to lecture and teach.

The PTBCCT is an independent registered non-profit organization created to provide an educational venue for the physical therapy profession within this specialized field, assist in the disbursement of evidenced based practice and research to ultimately improve the delivery of patient care.

The profession of Physical Therapy has matured into specialized fields of practice in a manner similar to that of medicine and dentistry. However, unlike medicine (neurology) and dentistry (orofacial pain & temporomandibular disorders) there is currently a void within physical therapy that is specific to cervical, orofacial and temporomandibular pain/dysfunction syndromes. The American Physical Therapy Association (APTA) has previously established and recognized specialty areas of practice and developed associated certification criteria and examinations

that do not encompass CSD, CGH, OFP or TMD. Furthermore, the number of physical therapists with specialized training and advanced education in this area represents a very small fraction of the APTA that parallels that of the dental profession and has necessitated the creation of the PTBCCT in a manner similar to that of the American Board of Orofacial Pain (ABOP).



Our Venue:

Although the PTBCCT is a totally separate organization from the American Academy of Orofacial Pain (AAOP) we participate in their yearly scientific meeting, which provides us with an ongoing forum by which physical therapists can obtain the education needed to develop competency in this specialized field and be exposed to the cutting edge of scientific and clinical advances.

Goals and Objectives:

- Participate in the yearly AAOP scientific meeting to provide education in evidenced-based research for the growth of physical therapy within this highly specialized field.
- Provide a forum by which physical therapists can obtain the continuing education needed to develop and maintain competency in the field of craniofacial and cervical therapeutics and achieve specialty certification.
- Inform the public, through a list maintained at its central office, of physical therapists that have been certified as Diplomates of the Physical Therapy Board of Craniofacial and Cervical Therapeutics.
- Educate the medical and dental profession in the evaluative and therapeutic areas in which an experienced physical therapist can enhance the management of their patients.
- Provide information to the public, professional organizations and healthcare agencies relative to the certification of physical therapists in the field of craniofacial and cervical therapeutics.



Clinical and Educational Requirements Leading to Diplomate Status/CCTT Designation:

- Five years and 2000 hours of clinical physical therapy experience of which two must include specialization in the evaluation and treatment of patients with CSD, CGH, OFP and TMD.
- 25% or 500 of the 2000 hours must have been obtained within the last 3 years.
- 100 hours of continuing education in the areas noted above during the past 5-10 years.
- Two letters of recommendation: From a dentist/oral surgeon and a PT that is known and approved by a member of the examination committee.
- Current copy of professional license.
- Proof of membership in respective national physical therapy organization.
- Apply for and successfully pass the certification examination.
- The PTBCCT ensures that Diplomates remain competent by requiring 25 hours of continuing education/year.



CCTT's have a thorough knowledge of the anatomical and physiological relationship between the cervical/shoulder girdle and the craniomandibular region. Optimal patient evaluation therefore necessitates a complete assessment of the upper ¼ and temporomandibular complex in order to develop a comprehensive treatment paradigm consisting of:

- Comprehensive evaluation with a written report on the first visit.
- Restoration of functional cervical/shoulder girdle and TMJ mobility.
- Therapeutic paradigms geared to the cause/perpetuation of pain and dysfunction.
- Educate/instruct in postural correction, ergonomics and proper sleep position.
- Individualized cervical and TMJ therapeutic exercise programs.
- Hands-on soft tissue release and joint mobilization techniques.
- Supine manual and/or mechanical sub-occipital traction techniques.
- Non-medicinal pain management techniques.

How to Locate a Physical Therapist who is a CCTT:

- The PTBCCT maintains a Diplomat Directory on the AAOP website www.aaop.org
- Click on the link (Physical Therapist/PTBCCT) of the AAOP homepage.
- Click on the link to the directory

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The PTBCCT is an independent, international and non-profit organization of physical therapists that owns and controls the use of the certification examination and has sole authority over policy and financial decisions related to it.