



*Advanced Lightwire Functional (ALF) in the
treatment of TMD, Orthodontics, and Sleep
Disordered Breathing (SDB)*

Craniofacial Pain Center of Nebraska, Michael Hoefs, DDS is offering:

A two day in office hands on course: May 10th & 11th, 2012. 8 AM—5PM each day.

Location: Craniofacial Pain Center of Nebraska, 4131 Pioneer Woods Drive, Suite 101,
Lincoln, NE

This course will be comprised of lecture, hands on training and live patient demonstrations on diagnosis and treatment planning of TMD, orthodontic and SDB. Dr. Hoefs will discuss the appropriate treatment and selection of Advanced Lightwire Functional (ALF) and other appliances. Appliance design and placement will be shown.

Live patient examination and treatment planning will be part of the course. Participants will see the process that Dr. Hoefs uses. Cranial osteopathy will be introduced and there will be some hands on training in this area for the participants. Familiarity with cranial strains is a prerequisite (in my opinion) for using the ALF. Dr. Hoefs can offer some references to be studied prior to the course if needed.

Participants are encouraged to bring cases with complete records for review. If participants would like to bring a patient for exam, diagnosis, and treatment planning this would be an excellent opportunity to do so. Please contact our office for more information on bringing patients if this is your desire. If there is a patient you think would benefit from ALF type of treatment and you would want to get them started at the course, it can be arranged for appliances to be fabricated (our in house lab) for placement ahead of time.

Complete records would include: Health history, history of symptoms, chief complaints, pain diagram, current medication (OTC and RX), and previous/current treatment if any. Imaging studies (CBCT or MRI is preferred), sleep study if it applies, and dental models are needed. Intra-oral, full face, facial profile, and front /side posture photos should be taken.

Dr. Hoefs has treated over 500 patients with ALF type appliances, and thousands of TMD and orthodontic patients in over 32 years of practice. There are many treatment options being promoted by numerous clinicians. Appropriate treatment is the one that addresses the etiology. Determining this may not be possible, but it represents the biggest challenge to the clinician. The beginning of this course will address etiology to the best of our ability to do so. Examination and diagnosis is what is lacking in so many of the courses offered. It will be emphasized here. Although this course will address and demonstrate the ALF, we

will also discuss when not to use the ALF. We will discuss and compare numerous treatment options that are out there for the clinician and hopefully gain an understanding of which ones are based on science and which ones are based on tradition/philosophy/politics and self-promotion.

We would like to offer staff training for those that like to keep their staff involved. They will participate in some of the lecture and have separate times to become familiarized with the procedures with our excellent staff. This can be a good way of getting your staff interested and not have them wondering what kind of changes you're going to make after 'another CE course' come Monday morning.

Course agenda:

Thursday May 10th:

7:30 continental breakfast

8:00—10:00: Examination and diagnosis: looking at the big picture first

10:15-Noon: Drs.: Cranial osteopathy and cranial strains: their significance to TMD, orthodontics, and posture. Clinical procedures introduction for staff.

1:00—2:30: Basics of the ALF

2:30-5:00: Live Patient exam (live patients are the only ones we work on) and placement of ALF. Adjustment of ALF on patients in treatment.

At 5 PM until sleep is needed there will be dinner and roundtable discussion of cases brought by participants. This 'think tank' will likely be at Dr. Hoefs residence.

Friday May 11th:

7:30 continental breakfast

8:00—10:00: Facial growth, the TMjoint and the airway. (The maxilla's the criminal, the mandible's the victim) The treatment protocol for ALF in children and adults. How Sleep Disordered Breathing is an integral part of the etiology. Discussion of pediatric and adult Obstructive Sleep Apnea . (So much to talk about on this subject, but not enough time in this course)

10:15—Noon: Patients

1:00—3:00: Review of imaging (Cone beam computed tomography), Joint Vibration Analysis. Discussion of patients and clinical procedures. Staff: Insurance, procedure codes, patient follow-up.

3:15--?: Case studies and/or Q & A. If you need to leave you won't miss any lecture, but this is a great time to try to tie everything together in your mind so you can use it on Monday. Discussion on working with PRI physical therapists.

Cost: \$1200.00 for Drs. \$300 for staff. This course will be limited to six Dr.'s and one staff per Dr.

If we don't have room we will offer it again in the fall. This is not a beginner's course, but as the saying goes: if you decide to go swimming it doesn't matter which end of the pool you jump into. We will proceed as fast as the participants can absorb the material. The Power Points will be given on a 'thumb drive' as well as other reference material. This will be new information to most dentists.

Breakfast and Lunch both days, and dinner on Thursday will be provided by us.

Hotel: Candlewood Suites is across the street from our office at 4100 Pioneer Woods Drive. Telephone: 402-420-0330. Ask for the Craniofacial Pain Center of Nebraska rate.

To reserve your place in the course: call Clarissa at 402-488-1113.

Our website is: www.cfpcne.com