



ARK-J PROGRAM

AMPLIFICATION, RESISTANCE, & KINETICS OF THE JAW

The ARK-J Program Certification Course Objectives

Upon successful completion of the course and course exam, clinicians will be able to:

1. Identify patients who are at-risk for trismus.
2. Evaluate patients who are suspected of having trismus with standardized assessment tools.
3. Apply motivational interviewing techniques to increase active patient participation in therapy.
4. Differentiate between the treatment pathways of radiation-related trismus, UMN-related trismus, and trauma-related trismus.
5. Define normal (WFL), mild, moderate, and severe trismus in terms of maximal jaw opening measurement.
6. Measure maximal jaw opening correctly for purposes of assessment, treatment session baselines, and evaluating progress and effectiveness of treatment.
7. Educate patient on various trismus devices available on the market based on patient's needs and financial abilities.
8. Design progressive, therapeutic passive jaw and active jaw stretching programs based on individual patient needs.
9. Implement specific therapy strategies to increase patient motivation, independence, and progress.
10. Design home maintenance programs for patients who have reached independence and treatment goals.