



# ARK-J PROGRAM

AMPLIFICATION, RESISTANCE, & KINETICS OF THE JAW

**The ARK-J Program Trismus Intervention Certification Course\***  
**May 2-3, 2019 Course Syllabus**  
**Raleigh, North Carolina**

**Course Day One**

<b>Time</b>	<b>Speaker</b>	<b>Topic</b>
<b>8:00 am-8:30 am</b>	Megan Nosol, M.S.Ed, M.S., CCC-SLP STEPS for Recovery Clinic	Introduction to Trismus: The Role of the SLP in Trismus Intervention
<b>8:30 am-9:30 am</b>	Brian Kanapkey, M.A., CCC-SLP UNC Hospital ENT Clinic	Trismus s/p Resection
<b>9:30-9:45</b>	<b>Break</b>	
<b>9:45 am-11:00 pm</b>	Megan Nosol, M.S.Ed, M.S., CCC-SLP STEPS for Recovery Clinic	Pathophysiology of HNC-Induced Trismus
<b>11:00 am-12:00 pm</b>	Brian Kanapkey, M.A., CCC-SLP UNC Hospital ENT Clinic	Trismus s/p Brain Injury or Trauma
<b>12:00 pm-1:00 pm</b>	<b>Lunch</b>	
<b>1:00 pm-2:00 pm</b>	Megan Nosol, M.S.Ed, M.S., CCC-SLP STEPS for Recovery Clinic	Trismus Assessment
<b>2:00 pm-3:00 pm</b>	<b>Breakout Session:</b> <b>Measuring Maximal Intercisal Opening</b> <b>(Dentulous and Edentulous)</b>	
<b>3:00 pm-4:00 pm</b>	<b>Meet the Vendors</b>	

**Course Day Two**

Time	Speaker	Topic
9:00 am-10:15 am	Megan Nosol, M.S.Ed, M.S, CCC-SLP STEPS for Recovery Clinic and Brian Kanapkey, M.A., CCC-SLP UNC Hospital ENT Clinic	Exercise Science in Trismus Intervention: Case Studies
10:15 am-11:30 am	<b>Breakout Session 1: Manual Release Techniques for Trismus</b>	
11:30 am -12:15 pm	Megan Nosol, M.S.Ed, M.S, CCC-SLP STEPS for Recovery Clinic	Counseling Strategies in Trismus Intervention
12:15 pm-1:15 pm	<b>Lunch</b>	
1:15 pm-2:30 pm	<b>Breakout Session 2: Construction of the ARK-J Stretching Device</b>	
2:30 pm-3:15 pm	<b>Breakout Session 3: Skilled Trismus Intervention Case Studies</b>	
3:15 pm-4:15 pm	<b>Written Certification Exam</b>	

\*The course syllabus is subject to change.