



**Monroe County Dental Study Club (MCDSC), formerly
Rochester Dental Study Club (RDSC)**

Presents:

"Chiropractic Approaches to TMD Care"
with Dr. James Walters

Wednesday, February 4, 2026
Microsoft Teams 6:00 pm - 8:00 pm - 2 CE Credits

Log-in begins at 5:45 pm. You must be on for the entire meeting to receive CE credits.

Dr. James Walters is a Rochester, NY-based chiropractor dedicated to helping performing artists, adolescent athletes, individuals with temporomandibular joint dysfunction (TMD), and the public return to pain-free activity through thoughtful, individualized care.

Dr. Walters' interest in chiropractic began after receiving care for a dance-related injury that allowed him to return to the stage, inspiring his transition from a professional dance career to healthcare. He earned a Bachelor of Fine Arts in Dance from the University at Buffalo and later completed his chiropractic degree at New York Chiropractic College (now Northeast College of Health Sciences). He joined Pinnacle Hill Chiropractic in 2019 and holds certifications in Sports Science and Human Performance, as well as Activator Methods.

With a background in performance, Dr. Walters has a special interest in treating dancers, gymnasts, and athletes of all ages, particularly those with lower-extremity injuries. His personal experience with TMD also informs his focused, conservative approach to jaw-related conditions. In addition to clinical practice, he serves as an adjunct professor at Bryant & Stratton College, teaching Anatomy & Physiology and Medical Terminology.

Course Description

This course provides an overview of chiropractic evaluation and management of temporomandibular joint dysfunction (TMD), with an emphasis on conservative, evidence-informed care, and interdisciplinary collaboration. Participants will review the functional anatomy and biomechanics of the temporomandibular joint and surrounding structures, with attention to how dysfunction in these systems contributes to pain, altered movement patterns, and reduced quality of life.

The lecture will outline common chiropractic treatment strategies for TMD, including targeted soft tissue techniques, low-force chiropractic adjustments utilizing an activator device, and rehabilitative exercise protocols designed to restore coordinated jaw, cervical, and postural function. Emphasis will be placed on clinical reasoning, patient selection, and the role of conservative care in improving joint mechanics and neuromuscular control.

A key focus of the course is collaborative care between chiropractors and dentists. The presentation will explore how dental interventions, such as oral appliances, orthodontic treatment, and other dental management strategies, can be integrated with chiropractic care to support long-term symptom relief and

functional improvement. Practical communication strategies and co-management models will be discussed to enhance interdisciplinary outcomes for patients with TMD.

Learning Objectives

Upon completion of this course, participants will be able to:

1. Describe the functional anatomy and biomechanics of the temporomandibular joint, including its relationship to cervical spine mechanics and neuromuscular control.
2. Explain the chiropractic approach to temporomandibular joint dysfunction, including assessment principles and clinical decision-making for conservative care.
3. Identify common chiropractic treatment interventions for TMD, including soft tissue techniques, low-force activator-based adjustments, and rehabilitative exercise strategies.
4. Understand the role of rehabilitative exercises in restoring jaw function, improving motor control, and supporting long-term symptom management.
5. Recognize the complementary roles of chiropractic and dental care in the management of TMD, including when dental interventions such as oral appliances or orthodontic treatment may be indicated.
6. Develop strategies for effective interdisciplinary collaboration between chiropractors and dentists to optimize patient outcomes and provide coordinated, patient-centered care.

Monroe County Dental Society is a component of the 7th District, recognized as a CERP provider through NYSDA. Continuing Education (CE) credits are awarded for all lectures that meet the NYSED requirements. One hour of credit is awarded for each 50 minutes of presentation attended. To verify attendance, Microsoft Teams records the registrant's login.

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Program Cost: MCDS member no charge (included in your 2026 MCDS membership)
\$115 credit card / \$110 check NON-MCDS member
\$63 credit card / \$60 check for each staff person (MCDS Member or non-MCDS
member)

Cancellation policy: Cancellation requests may be submitted by phone at (585) 385-9550 or emailed to
ahughes@7dds.org. A full refund must be requested (7) seven business days before the event.

Course Credit: 2 CE Credit Hours

Name: (please print) *Attach a list of additional attendees if necessary*

Mailing Address:

Phone # _____ ADA # _____

Email Address (for registration confirmation):

Payment Method:

Please make checks payable and return them to: Monroe County Dental Society
155 Culver Road, #200, Rochester, NY 14620

Credit card payment: Register online at 7dds.org.