

MTT-3 Lesson Plan – Cervical and Orofacial Muscles and Examination

Day/Seg	Time	Muscles	Minutes
Day 1 – eight hours			
1a	8:30 – 9:00	Lecture - reminder of main points of identification and deactivation	30
1b	9:00 – 10:15	Platysma Suprahyoids Infrahyoids	75
	10:15 – 10:30	Break	15
	10:30 – 11:45	Longus coli, capitis, rectus capitis lateralis and the three muscles of the styloid process	75
1c	11:45 – 1:00 Extra-oral TMJ	Frontalis and occipitalis linked by the scalp in side-lying Temporalis EO Masseter EO Lateral pterygoid EO Medial Pterygoids EO	75
	1:00 – 2:00	Lunch	60
1d	2:00 – 3:15 Intraoral TMJ	Intra-oral 1: Masseter (Intraoral) Temporalis IO Lateral pterygoids IO Medial pterygoids IO	75
	3:15 – 3:30	Break	
1e	3:30 – 4:45 Extra-oral Intra-oral	Intra-oral 2: Levator and tensor veli palatine, tongue muscles, inside/out techniques for the mouth and cheek, zygomaticus/ superior pharyngeal constrictor	75
1f	4:45 – 6:00	Facial and eye muscles: External application	75
Day 2 – eight hours			
2a	8:30 – 6:00	Review Day: Theory review, research paper review 20-question short answer competency quiz Practical review	8 hours
Day 3			
3a	9:00 – 11:30	Theory Examination: 75 Multi-choice questions; 70% pass mark	2 ½ hours
	11:30 – 12:30	Lunch	
3b	12:30 – 5:00	Practical Examination: Four muscles chosen at random; 80% pass mark	20 minutes per person per test