Key References for CCTT Exam Takers

Texts: We are unable to provide full textbooks. Hyperlinks will bring you to the abstract and purchasing information. Some of these may be available online through academic institution access. The PTBCCT and CCTT Exam committee do not have financial relationships or incentives with any of the publishers or authors below.

1. American Academy of Orofacial Pain, Klasser GD, Romero Reyes M, eds. *Orofacial Pain Guidelines for Assessment, Diagnosis, and Management*. 7th ed. Quintessence Publishing Co, Inc; 2023.
    a. **Summary:** Comprehensive guide for the assessment, diagnosis, and management of orofacial pain.
    b. Specific Sections: Chapters 1-6, 8-10

2. Hansen JT. *Netter's Clinical Anatomy*. 5th ed. Elsevier; 2022. Chapter 8
    a. **Summary:** Provides detailed anatomical illustrations of the human body.
    b. Specific Sections: Chapter 8, Head and Neck, Chapter 2 portion concerning cervical spine

3. Donnelly JM, de las Peñas CF, Finnegan M, et al. *Travell, Simons & Simons' Myofascial Pain and Dysfunction: The Trigger Point Manual*, 3rd ed. Lippincott Williams & Wilkins; 2019
    a. **Summary**: A foundational manual on myofascial pain and trigger points.
    b. Specific Sections: Part 2, Head and Neck Pain

4. Okeson JP. Management of Temporomandibular Disorders and Occlusion. 8th ed. Elsevier; 2020
    a. **Summary:** A textbook on the assessment and management of TMDs.
    b. Specific Sections: Chapter 2, 4, 7, 12, 13, 15

5. Okeson, Jeffrey P. *Bell's Oral and Facial Pain 7th ed*. Chicago, Illinois, Quintessence Publishing Co. Inc, 2020
    a. **Summary:** A textbook on the assessment and management of orofacial pain

6. Fernández-de-las-Peñas C. *Temporomandibular Disorders: Manual Therapy, Exercise, and Needling*. Handspring; 2018.
    a. **Summary:** A manual on physical therapy interventions for TMDs.

Guidelines: Hyperlinks will bring you to online open access PDFs and/or options to download

7. International Headache Society. *The International Classification of Headache Disorders*, 3rd ed. (ICHD-3). 2018.
    a. **Summary:** The definitive classification system for all types of headache.
    b. **Specific Sections:** Focus on Chapter 13 and other chapters

8. Schiffman E, Ohrbach R, Truelove E, et al. Diagnostic Criteria for Temporomandibular Disorders (DC/TMD) for clinical and research applications... *J Oral Facial Pain Headache*.

2014;28(1):6-27.
   a. **Summary:** The standardized, evidence-based criteria for TMD diagnosis.

9. Blanpied, P. R., Gross, A. R., Elliott, J. M., Devaney, L. L., Clewley, D., Walton, D. M., Sparks, C., Robertson, E. K., & the Orthopaedic Section of the American Physical Therapy Association. (2017). Neck pain: Revision 2017. *Clinical practice guidelines linked to the International Classification of Functioning, Disability, and Health from the Orthopaedic Section of the American Physical Therapy Association. Journal of Orthopaedic & Sports Physical Therapy, 47*(7), A1–A83.
   a. **Summary:** Clinical Practice Guideline summarizing evidence-based recommendations for PT screening, evaluation, diagnosis, and management of neck pain

10. Bhattacharyya N, Gubbels SP, Schwartz SR, et al. Clinical Practice Guideline: Benign Paroxysmal Positional Vertigo (Update). Otolaryngology--Head and Neck Surgery : Official Journal of American Academy of Otolaryngology-Head and Neck Surgery. 2017;156(3_suppl):S1-S47. doi:10.1177/0194599816689667.
   a. **Summary:** Update to the Clinical Practice Guideline summarizing evidence-based recommendations for all clinicians treating patients with BPPV

11. Kent D, et al. Referral of adults with obstructive sleep apnea for surgical consultation: an American Academy of Sleep Medicine clinical practice guideline. J Clin Sleep Med. 2021;17(12):2499–2505. PMID: 34351848.
   a. **Summary**: Guidelines for clinicians providing recommendations for referring adult patients with OSA for surgical consultation

Articles: Hyperlinks will bring you to online open access PDFs and/or options to download unless specifically noted

12. National Academies of Sciences EM. *Temporomandibular Disorders: Priorities for Research and Care*. The National Academies Press; 2020:1-426.
   a. **Summary:** Comprehensive report on TMD research and care.
   b. **Specific Sections:** Focus on Sections 2, 3, 4, 5.

13. *Slade GD, Fillingim RB, Sanders AE, Bair E, Greenspan JD, Ohrbach R, Dubner R, Diatchenko L, Smith SB, Knott C, Maixner W. Summary of findings from the OPPERA prospective cohort study of incidence of first-onset temporomandibular disorder: implications and future directions. J Pain. 2013 Dec;14(12 Suppl):T116-24. doi: 10.1016/j.jpain.2013.09.010. PMID: 24275219; PMCID: PMC3857103.*
   a. **Summary:** Landmark study on the risk factors for developing painful TMD.

14. Harrison AL, Thorp JN, Ritzline PD. A Proposed Diagnostic Classification of Patients With Temporomandibular Disorders: Implications for Physical Therapists. *The journal of orthopaedic and sports physical therapy*. 2014;44(3):182-197. doi:10.2519/jospt.2014.4847
   a. **Summary**: Review article adapting the 2014 DC/TMD for Physical Therapist application

15. Çebi AT. Presence of tinnitus and tinnitus-related hearing loss in temporomandibular disorders. Cranio. 2023 Mar;41(2):173-177. doi: 10.1080/08869634.2020.1829290. Epub

2020 Oct 1. PMID: 33003991. ***This link will take you to the Research Gate page; from there click the link to request the full-text article from the authors**
   a. **Summary:** a study evaluating the presence of tinnitus and tinnitus related hearing loss in individuals with TMDs.

16. Chang JL, Goldberg AN, Alt JA, Mohammed A, Ashbrook L, Auckley D, Ayappa I, Bakhtiar H, Barrera JE, Bartley BL, Billings ME. International consensus statement on obstructive sleep apnea. In International forum of allergy & rhinology 2023 Jul (Vol. 13, No. 7, pp. 1061-1482).
   a. **Summary:** a consensus statement on obstructive sleep apnea
   b. Specific sections: Focus on sections I-VIII, XI

17. Lisiński P, Huber J. Evolution of Muscles Dysfunction From Myofascial Pain Syndrome Through Cervical Disc-Root Conflict to Degenerative Spine Disease. *Spine*. 2017;42(3):151-159.
   a. **Summary:** Discusses the progression of muscle dysfunction from myofascial pain.

18. Lobbezoo F, Ahlberg J, Raphael KG, et al. *International consensus on the assessment of bruxism: Report of a work in progress. J Oral Rehabil.* 2018; 45: 837–844. https://doi.org/10.1111/joor.12663
   a. Summary: A consensus statement on bruxism

19. *Manfredini D, Segù M, Arveda N, et al. Temporomandibular Joint Disorders in Patients With Different Facial Morphology. A Systematic Review of the Literature. Journal of Oral and Maxillofacial Surgery : Official Journal of the American Association of Oral and Maxillofacial Surgeons. 2016:74(1):29-46. doi:10.1016/j.joms.2015.07.006*
   a. **Summary:** A review of literature regarding facial morphology in relation to TMDs.

20. Klasser, G. D., & Greene, C. S. (2009). Oral appliances in the management of temporomandibular disorders. *Oral Surgery, Oral Medicine, Oral Pathology, Oral Radiology, and Endodontology, 107*(2), 212–223. ***This link will take you to the Research Gate page; from there click the link to request the full-text article from the authors**
   a. **Summary:** review of dental appliances

21. Bouloux GF, Chou J, DiFabio V, et al. The Contemporary Management of Temporomandibular Joint Intra-Articular Pain and Dysfunction. *J Oral Maxillofac Surg*. 2024;82(6):623-631.
   a. **Summary:** An updated article on surgical and non-surgical TMJ management.

22. Greenbaum T, Dvir Z, Emodi-Perelmam A, Reiter S, Rubin P, Winocur E. Relationship between specific temporomandibular disorders and impaired upper neck performance. *European journal of oral sciences*. 2020;128(4):292-298. doi:10.1111/eos.12718
   a. **Summary**: RCT reports the association between poor performance on CCFT and FRT and painful TMD as subcategorized by the DC-TMD, demonstrating the relationship between cervical spine function and TMD and supporting the need to assess and treat the cervical spine in these patients

23. Sheats RD, Schell TG, Blanton AO, et al. "Management of Side Effects of Oral Appliance Therapy for Sleep-Disordered Breathing." *J Dent Sleep Med.* 2017; 4(4): 111–125.
   a. **Summary:** A consensus report of Boarded Dental Sleep Medicine experts summarizing evidence-based conclusions regarding management of side effects that

develop from the utilization of mandibular advancement devices for treatment of Obstructive Sleep Apnea

b. **Specific Sections**: Focus on Common Management Considerations, Side Effects (up to “Occlusal Changes”)

24. *Verhoeff MC et al. “Updating the Bruxism Definitions: Report of an International Consensus Meeting.” J Oral Rehabil. 2025; 52(9): 1335-1342 — Consensus Recommendations on Bruxism Management and Interdisciplinary Care.*
    a. **Summary:** Update of the definition of bruxism

25. Comparative analysis of different types of occlusal splints for the management of sleep bruxism: a systematic review. Ainoosah *et al. BMC Oral Health. (2024) 24:29*
    a. Summary: A recent systematic review assessing the effectiveness of occlusal splint therapy for patients exhibiting sleep bruxism