

John Roberts – Dental Approach to the TMJ

John is a Dental Practitioner who qualified in 1981 and has worked, until last year, in Huddersfield and Rochdale.

He started as a general dental practitioner but in the late 1980's started on a more "holistic" journey with the care that he offers.

He completed Cranial Osteopathy training and Applied kinesiology qualifications at the BSO in Trafalgar Square in the early 1990's. This paved the way for his combination of dental and structural approach to Integrated Dental care.



In 2000-2002, John undertook a second degree in Integrative Medicine in Washington DC to push the boundaries of what is Biological and holistic Dental care.

Over a third of his care on each patient is structural, involving the TMJ (Teeth Muscles and Jaw) and oral musculature dysfunctions.

Inappropriate dental care over the past 50 years means that the short-term goals, brighter whiter teeth, is causing more and more TMJ and whole-body structural problems.

There is an ever-increasing awareness of the musculoskeletal issues with breathing/ sleeping problems, this has to be a whole-body approach. Dental care is one of the major causes of these issues and has a pivotal role with acceptable treatment outcomes.

John wants this to be an interactive lecture with take home how 'to's' to help your patients care and to recognise when to collaborate with other health practitioners.

