

SPEAKER PACKET

Katie Pudhorodsky,
Licensed Massage
Therapist

Help Head Pain

Katie  *Massage*
OFFERING MASSAGE & STRUCTURAL BODYWORK





The Muscular Side of Headaches & TMJ Pain:

CLINICAL INSIGHT THROUGH GUIDED EXPERIENCE

What if understanding the muscular side of head, neck, and jaw pain could change how dental professionals assess symptoms, guide patients, and collaborate across disciplines?

In this course, Katie Pudhorodsky, LMT, introduces a clinical lens that is often underrepresented in dental education, illuminating the muscular role in craniofacial pain, jaw movement restriction, and symptoms that mimic dental pathology. Designed for dental professionals, the course provides a clinically relevant framework for understanding how neck and jaw muscles contribute to TMJD, headaches, tooth pain, and occlusal changes.

Participants examine key muscles commonly involved in craniofacial pain and learn how trigger point referral can present as tooth pain, deep joint discomfort, or headache symptoms. The course explains how trigger points develop and how muscular tension can influence jaw mechanics, interincisal opening, and movement quality. Common perpetuating factors are reviewed that contribute to ongoing muscular tension and recurring symptoms.

Guided experiential elements, including stretching and intraoral self-massage, are included to support personal understanding of muscular tension rather than to train treatment techniques. This hands-on experience enhances recognition of muscular contributors, increases referral confidence, and supports practical patient education.



Features interactive & experiential components



Katie Pudhorodsky, LMT
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www.KatieMassage.com

LEARNING OBJECTIVES

- Identify key neck and jaw muscles commonly involved in craniofacial pain and TMJD presentations.
- Interpret trigger point referral patterns and correlate them with patient-reported symptoms, including tooth pain and headaches.
- Summarize the foundational pillars required to achieve and maintain relief from the muscular component of TMJ pain.
- Explain how muscular tension can influence jaw movement, interincisal opening, and dental occlusion.
- Describe the role of soft tissue prehabilitation in supporting dental treatment outcomes.
- Apply basic patient education strategies that address muscular contributors to craniofacial pain within a dental setting
- Correlate changes in personal comfort or range of motion experienced during guided self-massage with muscular contributors to craniofacial pain.

Suggested Format:

Partial Day

Lecture & Experiential Workshop

Suggested Attendees:

All Professionals

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Meet Katie

Katie Pudhorodsky is a structural massage therapist, educator, and nationally recognized speaker specializing in the muscular side of head, neck, and jaw pain. With over 23 years of experience in private practice, teaching, and public speaking, she brings a distinctive interdisciplinary perspective that complements dental education and enhances patient care.

At her Austin-based practice, Katie Massage, she focuses on craniofacial pain and movement dysfunction, collaborating closely with dentists, endodontists, ENTs, and myofunctional therapists. Her work was featured in an article by WebMD. She also contributed her clinical perspective as a structural massage therapist to *The TMJ Trifecta*, a multidisciplinary book on TMJ pain authored by a dentist.

Katie's passion for education led her to create two patient-focused online educational courses designed to help individuals better understand and address the muscular component of head, neck, and jaw pain. These courses empower patients with actionable strategies such as self-massage, stretching, stabilization, addressing perpetuating factors, and establishing proper oral resting posture.

Her professional background includes advanced training in neuromuscular therapy, completion of Judith Delany's NMT certification, physical therapy continuing education focused on TMJD, and experience working with the University of Texas Women's Athletics Program. Katie is also a frequent guest on dental podcasts and is valued for translating complex muscular concepts into clear, clinically relevant insights for dental teams.

Through clear teaching and guided experiential learning, Katie helps dental teams both understand and feel how muscular contributors impact TMJ pain, movement, and patient outcomes.

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Rave Reviews

“Katie is very passionate about jaw health. She strives to help the audience treatment plan and implement therapies to relieve the pain and suffering of the patient. You will receive education about the head/ neck/ jaw that you never knew. Did you know eating dinner on the couch is bad for the TMJ?
Mind blown!”

—Kirsten Young with Greater Austin Dental Hygienists' Association



“I had the privilege of attending the CE course led by Katie ... and I can confidently say it was an exceptional experience. Katie brought not only a wealth of knowledge but also a passion for the subject that was truly inspiring. Her ability to relate the information into practical application was an added bonus.

From the beginning, the course was engaging and well-structured, making complex concepts accessible and relatable. Katie included real-world examples, which kept the participants actively involved. Their ability to facilitate meaningful dialogue among attendees enriched our understanding and allowed attendees to implement instances from our own experiences.

What stood out most was Katie’s dedication to ensuring that everyone grasped the material. I left the course feeling more confident and equipped to apply the knowledge gained in my professional practice.”

— Christina Horton, Professional Development Director for Texas Dental Hygienists Association

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PRESENTATIONS

- Greater Austin Dental Hygienists' Association
- Texas Dental Hygienists Association
- The TDA Meeting
- The Tourette Association of America (*twice*)
- Academy of Orofacial Myofunctional Therapy
- Lucy Hobbs Project for Austin Oral Surgery

“The Tourette Association of America was fortunate to have Katie Pudhorodsky present at our national conference and during the webinar “Reducing Upper Body Tic Pain: Self-Massage & Movement Strategies” with Raquel Cunningham of TicFit. This presentation was detailed and provided specific resources to adults in the Tourette Syndrome and Tic Disorder community with chronic pain who may have limited access to tools for dealing with chronic pain from their tics. We thank Katie for her amazing work for the community.”

— Tourette Association of America

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