



neuromuscular dentistry

Headaches & Neck Pain

Traditional dentistry is based on mechanical concepts that assume that your present bite (occlusion) is best for you.

Such dental treatment generally aims to restore your bite to that position - what might be called two-dimensional dentistry.

Neuromuscular dentistry takes into consideration a third dimension - the status and function of the muscles that control jaw position, chewing and swallowing.

Do you suffer from:

- Headaches
- Shoulder, neck and back pain
- Facial pain
- Pain behind the eyes
- Ringing or congestion in the ears
- Loose teeth
- Worn, chipped or cracked teeth and fillings
- Pain and sensitivity in the teeth
- Crowded teeth
- Clenching or grinding of the teeth
- Fractures at the gum line
- Pain or clicking and popping in the jaw joints
- Difficulty swallowing
- Numbness in the arms and fingers
- Limited opening of the mouth

If you suffer from any of the above symptoms, Neuromuscular treatment may be for you.

How Neuromuscular Tests Are Done

Using computerised equipment, Dental Excellence can measure and study the pattern of jaw opening and closing through its full range of motion and in three dimensions.

The computer can also document the precise point at which your jaw is being held in relation to the upper teeth and can measure the activity of the key muscles that control the jaw- both in function and at rest.

Rather than relying on your present jaw position as being the best one for you, Dental Excellence can use the additional objective information to determine if your jaw position (bite) should be left as is or adjusted to a more optimal position.



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The tests are non-invasive - there are no injections, there is no pain. These tests include:

CMS - Computerised Mandibular Scanning, which tracks the movement of your jaw in three dimensions.

SEMG - Surface Electromyography which monitors the major muscle groups which are responsible for movement of your jaw. This technology is very similar to an ECG, which is used by cardiologists to determine the health of your heart.

ESG - Electrosonography which involves sensors that detect joint sound vibrations, as you open and close your mouth and transmit the sound and data to the computer.

On assessing your CMS, SEMG and/or your ESG test result, your dentist may want to connect you to the Myomonitor. The myomonitor is an ultra low frequency TENS (Transcutaneous Electrical Nerve Stimulation) unit, which will painlessly exercise your facial and jaw muscles.

This exercise will overcome the 'programming' of your muscles and allow them to achieve a truly relaxed state. Your results are recorded and stored on a computer. Dental Excellence professionals can now decide if they think your jaw is in an optimal position or whether your occlusion should be adjusted to provide improved function.

These results will assist us in advising you on the best possible treatment to relieve your symptoms.

It is important to discuss all your symptoms with your Dental Excellence professional, providing them with the information to decide whether Neuromuscular Dentistry will help treat your dental and overall health. Possible Neuromuscular Treatment may be as simple as a minor bite adjustment or as complex as a full mouth rejuvenation.

Neuromuscular treatments include:

Coronoplasty - minor corrections to the contour of your existing teeth to an ideal neuromuscular position.

Neuromuscular Orthotic - This appliance serves as both a diagnostic and therapeutic tool to align your jaw to the determined neuromuscular position, thus alleviating your symptoms.

Neuromuscular Orthodontics - The alignment of teeth and your jaw using either fixed (braces) and/or removable (plates) appliances.

Full Mouth Rejuvenation - Restoration of your teeth with respect to function and beauty at your ideal neuromuscular position.