

**Grant F Shimizu DDS Inc
Family & Cosmetic Dentistry**

**Berryessa Professional Center
2664 Berryessa Road #203
San Jose CA 95132**

Occlusal Exam Equilibration

In the course of the development and eruption of our teeth it is extremely rare that they end up aligned perfectly, and mesh together in a completely balanced bite. More often than not, when we close our jaw there is one, or less commonly, a group of teeth that touch before all the others. Unfortunately, this imbalance in the way our teeth come together (occlusion) can sometimes act as a fulcrum to create stress in the alignment of the jaw joints (temporomandibular joints), and the muscles we use for chewing. In other words, the brain will tell the muscles to move the jaw to make the teeth fit even if it requires displacement of the joints.

Most of the time we are unaware of this problem because we have not pain, but the unbalanced bite may become manifest in any one or more of the following signs and symptoms:

1. Excessive wear by grinding or clenching the teeth (bruxism).
2. TMJ disorders: clicking, grinding, soreness in the joints.
3. Loose teeth.
4. Chewing muscle spasm, tightness, headaches.
5. Hypersensitivity of teeth.
6. Breakdown of underlying bone and gums.
7. Tooth fracture.

It must be noted that TMJ problems can originate from other sources such as arthritic joints, development deformities, or injuries; but it has been estimated that in excess of 90% of TMJ disorders are due to bite imbalances.

The goal of this therapy is to firstly, analyze the way your teeth come together, and secondly, if needed, relieve any spots on your teeth that interfere with the smooth function of the joints and muscles. These adjustments to balance your bite may not completely eliminate TMJ disorders that have already occurred in the joint capsule such as clicking and grinding, but they will help to stabilize the joint by minimizing tension in the muscles that position, open, and close the jaws. Upon completing this procedure you may notice a loss of tightness in your bite and improved relaxation in your chewing muscles.

Secondary goal of the occlusal analysis is to examine ways to restore teeth to their natural contours, and then protect them from unusually heavy wear. For example, if your upper front teeth appear flat or square as a result of clenching, bonding enamel-like materials to them can add length and rounder, more tapered contour. Equally important is to shape those teeth such that the lower front teeth glide smoothly over them during function so there is minimal wear, and their youthful appearance is preserved.

Occlusal therapy will take at least 2 visits:

1. Occlusal examination (80 minutes): check chewing and positioning muscles of the jaws, examine TMJ, measurements of jaw movements, bite record, mounting record for bite simulator, upper and lower impressions of teeth.

**Grant F Shimizu DDS Inc
Family & Cosmetic Dentistry**

**Berryessa Professional Center
2664 Berryessa Road #203
San Jose CA 95132**

2. Occlusal Equilibration (70 minutes): verify bite record, spot relief of teeth in all excursions. This part of the therapy may take more than one visit.

Your complete comfort during this therapy is important. If there is anything we can do to help you in this regard please bring it to our attention.

Grant F. Shimizu, DDS