

An Introduction To Neuromuscular Dentistry

Abstract

Neuromuscular dentistry (NMD) is all about the science of creating a harmonious atmosphere among the muscles of mastication, the temporomandibular joint (TMJ), airway and the teeth so that neither compensation nor compromise happens in any of the above constituents of the stomatognathic system. Re-educating ourselves with the basics of dentistry – anatomy, physiology and biochemistry; will help us, dentists, treat all our patients with a more “whole-body” approach rather than just being a “mechanical-tooth-doctor”. 90% of all neuromuscular disorders like temporomandibular joint disorders (TMD) is myogenous and iatrogenic. By applying the principles of NMD, the dentist can be precise in his treatment protocol to treat AND stop creating the TMD. It will also help us treat them holistically rather than going under the scalpel. NMD is the holistic approach. Myocentric Occlusion is the new centric. Muscles that control mandibular kinesiology should be the focal point of precise occlusion. Every basic dental procedure has to be performed with this in mind. By creating the **myocentric** position for the mandible, which is

- by TENSing the muscles of mastication and head and neck,
- confirming the isotonicity with EMGs and
- then using a Mandibular Kinesiology Tracker;

the teeth are then brought into that occlusion, hence reprogramming the muscles of mastication to help sustain the isotonicity and maintain the system in good health.

NMD will also help us grasp the science of the silent killer, Obstructive Sleep Apnoea (OSA) and CCMD (Cranio Cervical Mandibular Disorder) and how a dental surgeon can help a patient control it.

Dr. Rajesh will explain NMD and how TMD and OSA can be cured by practicing it with a demonstration.